Today’s diets are often depleted of vitamins, minerals, essential fatty acids and other nutrients due to the quality of our modern food supply and busy lifestyles. Nutrition surveys show that Americans are lacking in many nutrients, and diets are generally low in essential fats, which are critical for healthy cellular function and overall health.2,3

Every day our bodies face nutrient depletion from:

- Foods with decreased nutritional value
- Environmental pollutants
- Stress
- Busy “on-the-go” lifestyles leading to less nutritious food choices

Even if eating a balanced diet, some medications or genetics can impact nutrient absorption and may benefit from a daily supplement to fill in those nutritional gaps. For optimal health, we recommend combining a healthy diet with our comprehensive O.N.E. multivitamin™ and high-quality fish oil in O.N.E. Omega™.4

Goodness Encapsulated
Good starts with nutritional supplements you can trust. That’s why Pure Encapsulations products are formulated using high quality, pure ingredients, free from unnecessary additives and many common allergens. Our supplements are backed by verifiable science and made to complement your plan of care. Everything you need and nothing you don’t, that’s goodness encapsulated.

Pure Encapsulations® products are FREE FROM:

- Wheat, Dairy, Eggs
- Tree Nuts, Peanuts
- Gluten
- Artificial Colors, Flavors & Sweeteners
- GMOs
- Artificial Sweeteners
- Shellfish
- Unnecessary Emulsions, Fillers & Preservatives
- Magnesium Stearate
- Trans Fats & Hydrogenated Oils

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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1. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020
4. Except where labeled.
5. Visit PureEncapsulationsPro.com for more information about our GMO policy.
### O.N.E."™ Multivitamin

**ONCE-DAILY NUTRIENT ESSENTIALS WITH SUSTAINED-RELEASE COQ₁₀**

- Convenient, one-capsule-per-day dosing
- Provides vitamins A, B, C, D and E in highly bioavailable forms
- Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Antioxidant complex includes alpha lipolic acid, a blend of COQ₁₀ and sustained-release water-soluble MicroActive® Q₁₀
- Choline and inositol for healthy cognitive function®
- Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D’
- Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin™

**1 capsule daily, with a meal.**

Each (size 00) vegetarian capsule contains:

- Vitamin A (as vitamin A palmitate) 1,125 mcg and 73% beta carotene
- Vitamin C (as ascorbic acid) 180 mg
- Vitamin D (as cholecalciferol) (D₂) 50 mcg (2,000 IU)
- Vitamin E (as dl-alpha tocopherol succinate) 20 mg
- Thiamin (as thiamin HCl) (B₁) 3 mg
- Riboflavin (as vitamin B₂ and 43% riboflavin 5’-phosphate (activated B₂)) 3 mg
- Niacin (as niacinamide) 20 mg
- Vitamin B₆ (as pyridoxine HCl and 38% pyridoxal 5’-phosphate (activated B₆)) 4 mg
- Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)
- Vitamin B₁₂ (as methylcobalamin) 500 mcg
- Biotin 300 mcg
- Pantothenic acid (as calcium pantothenate) (B₅) 10 mg
- Choline (as choline bitartrate) 25 mg
- Iodine (as potassium iodide) 150 mcg
- Zinc (as zinc citrate) 25 mg

| Selenium (as selenomethionine) | 70 mcg |
| Manganese (as manganese citrate) | 2 mg |
| Chromium (as chromium polynicotinate) | 200 mcg |
| Molybdenum | 75 mcg |
| (as TRAACS® molybdenum glycinate chelate) |
| Barion (as barion glycinate) | 1 mg |
| Inositol | 25 mg |
| CoenzymetrieQ₁₀ (as CoQ₁₀ and as 18% from MicroActive® CoQ₁₀-cyclodextrin complex) | 50 mg |
| Alpha lipolic acid | 50 mg |
| FloraGLO® lutein | 3 mg |
| Zeaxanthin | 500 mcg |
| Lycopene | 500 mcg |

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

*“FloraGLO is a registered trademark of Kemin Industries, Inc. Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc. ChromeMate® brand niacin-bound chromium. ChromeMate® & logs are trademarks of Lonza or its affiliates.

MicroActive® is a registered trademark of BioActives, LLC.

**O.N.E."™ Multivitamin**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>120</td>
<td>ONE1</td>
</tr>
<tr>
<td>60</td>
<td>ONE6</td>
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<tr>
<td>30</td>
<td>ONE3</td>
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**Adult Multivitamin Comparison**

<table>
<thead>
<tr>
<th>Leading Brand</th>
<th>O.N.E.&quot;™ Multivitamin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preservatives</td>
<td>Sodium benzoate, sorbic acid, BHT</td>
</tr>
<tr>
<td>Colors</td>
<td>Artificial red, yellow &amp; blue aluminum lake</td>
</tr>
<tr>
<td>Sweeteners</td>
<td>Sucrose</td>
</tr>
<tr>
<td>Hydrogenated Oils</td>
<td>Yes (palmit oil)</td>
</tr>
<tr>
<td>Animal Products</td>
<td>Yes (gelatin)</td>
</tr>
<tr>
<td>Allergens</td>
<td>None</td>
</tr>
<tr>
<td>Excipients</td>
<td>Potato starch</td>
</tr>
</tbody>
</table>

**O.N.E."™ Omega**

**1,000 MG SUPERCritical CO₂-EXTRACTED, TRIGlyceride-Form EPA and DHA in a CONVENIENT, ONCE-DAILY DOSE**

O.N.E."™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO₂-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.