

Pure Encapsulations® Can Help With Nutritional Gaps

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™.†

2. Fulgoni VL, Keast DR, Bailey RL. Foods, Fortificants, and Supplements: Where Do Americans Get Their Nutrients? J Nutr. Oct 2011; 141(10): 1847-1854.

3. Harris WS, Mozaffarian D, Lefevre M, et al. Towards establishing dietary reference intakes for eicosapentaenoic and docosahexaenoic acids. J Nutr. 2009 Apr; 139(4):804S-19S.

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, Soy*
Dairy*, Eggs



Tree Nuts
& Peanuts



Gluten



Artificial Colors,
Flavors & Sweeteners



Coatings
& Shellacs



GMOs†



Unnecessary
Binders, Fillers
& Preservatives



Mg
Stearate



Trans Fat &
Hydrogenated Oils



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†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.

*Except where labeled.

†Visit PureEncapsulationsPro.com for more information about our GMO policy.

pure
encapsulations®

O.N.E.™ Once-Daily Nutrient Essentials

#1
MOST
RECOMMENDED
brand by healthcare
professionals†



1. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

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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 lipoic 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 retinol 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 acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	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 (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ ₁₀ (as CoQ ₁₀ and as 18% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic 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® & logo are trademarks of Lonza or its affiliates.

MicroActive® is a registered trademark of BioActives, LLC.



O.N.E.™ Multivitamin	Quantity	Order Code
	120	ONE1
	60	ONE6
	30	ONE3

Ask your healthcare professional about Pure Encapsulations® today, or visit PureEncapsulationsPro.com to learn more.

Adult Multivitamin Comparison

	Leading Brand	O.N.E.™ Multivitamin
Preservatives	Sodium benzoate, sorbic acid, BHT	None
Colors	Artificial red, yellow & blue aluminum lake	None
Sweeteners	Sucrose	None
Hydrogenated Oils	Yes (palm oil)	None
Animal Products	Yes (gelatin)	Vegetarian
Allergens	None	None
Excipients	Acacia gum, calcium stearate, crospovidone, hypromellose, polyethylene glycol, polyvinyl alcohol, talc, titanium dioxide	Potato starch
Vitamins	Generally 100% DV; does not contain activated vitamins	Range from 100-250%+ DV; includes activated B vitamins: Metafolin®, methylcobalamin, riboflavin 5' phosphate, pyridoxal 5' phosphate
Minerals	Carbonate, phosphate, chloride, oxide, sulfate & sodium forms	Chelated; amino acids/Krebs cycle intermediates

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.[†]

1 capsule daily, with a meal.

Each (size 22) softgel capsule contains:

Calories	10
Total fat	1 g
Fish oil concentrate (from anchovies, jack, herring, smelt, salmon, mackerel, squid) Providing: EPA (eicosapentaenoic acid) DHA (docosahexaenoic acid)	1,250 mg 600 mg 400 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols	

Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid)



O.N.E.™ Omega	Quantity	Order Code
	60	ONO6
	30	ONO3

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