O.N.E. MULTIVITAMIN WITH IRON

ONCE-DAILY NUTRITIENT ESSENTIALS WITH IRON

Category: Multivitamins



Description

O.N.E. Multivitamin is a once-daily formula with a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women. Provides vitamins A, B, C, D, E and K in highly bioavailable forms. With active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate. Provides 2000 IU of vitamin D3 in each vegetarian capsule. Features sustained-release water-soluble CoQ10 as well as the carotenoids lycopene, lutein and zeaxanthin for greater daily nutritional support. Expertly formulated to provide optimal levels of each nutrient.

Free From

All Pure Encapsulations® products are free-from: wheat, gluten, egg, peanuts, trans fats and hydrogenated oils, magnesium stearate, titanium dioxide, carrageenan, coatings and shellacs, artificial colours, flavours and sweeteners, unnecessary binders, fillers and preservatives.

VEG Vegetarian | V Vegan | Gluten Free | Soy Free | Dairy Free | Tree Nuts & Peanuts

Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children.

Product Code	Size	Serving Size	Capsule Size	Servings per container
UKMI3UK, UKMI6UK	30,60	1 capsule	00	30,60

Product Features

- ✓ Comprehensive blend of bioavailable vitamins, minerals and phytonutrients and other factors for optimal nutrition
- ✓ Convenient once-daily capsule
- ✓ Provides active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate
- ✓ Provides 2000 IU of vitamin D_3 in each vegetarian capsule
- ✓ Features sustained-release water-soluble naturally-fermented CoQ_{10}
- ✓ Offers vitamins A, B, C, D, E and K in highly bioavailable forms
- ✓ Provides the phytonutrients lycopene, lutein and zeaxanthin
- ✓ Featuring iron as well absorbed and tollerated iron glycinate
- ✓ Iodine contributes to normal thyroid function
- ✓ Zinc and vitamins C and D contribute to the normal functioning of the immune system
- ✓ Selenium and vitamin E contribute to protecting cells from oxidative stress
- ✓ Vitamins B_1, B_2, B_3, B_5 and B_6 contribute to normal energy-yielding metabolism
- ✓ Vitamins B_1, B_3, and B_6 contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B_5 and B_{12} contribute to the reduction of tiredness and fatigue

Details continued on next page

O.N.E. MULTIVITAMIN WITH IRON

CONTINUED

Category: Multivitamins

Nutritional Information

Serving size 1 capsule

	Amount per serving	% NRV*
Vitamin A, 3750 IU (as vitamin A acetate & 73% beta carotene)	800 µg RE**	100%
Vitamin C (as ascorbic acid)	180 mg	45%
Vitamin K (as phytomenadione (K1) 65 µg, & menaquinone-7, MK-7 (K2) 10 µg)	75 µg	100%
Vitamin D_3, 2000 IU (as cholecalciferol)	50 µg	1,000%
Vitamin E, 30 IU (as d-alpha tocopherol succinate)	20 mg a-TE	250%
Vitamin B_1 (as thiamin HCl)	3 mg	273%
Vitamin B_2 (as 50% riboflavin & 50% 'activated' riboflavin 5' phosphate)	3.4 mg	243%
Vitamin B_3 (as niacinamide)	20 mg	125%
Vitamin B_5 (as calcium pantothenate)	10 mg	167%
Vitamin B_6 (as 50% pyridoxine HCl & 50% 'activated' pyridoxal 5' phosphate)	5 mg	357%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Vitamin B_{12} (as methylcobalamin)	500 µg	20,000%
Biotin	300 µg	600%
Iodine (as potassium iodide)	150 µg	100%
Iron (as iron bis-glycinate)	16 mg	114%
Zinc (as zinc citrate)	25 mg	250%
Selenium (as selenomethionine)	55 µg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium picolinate)	200 µg	500%
Molybdenum (as sodium molybdate)	75 µg	150%
Choline bitartrate	25 mg	†
Inositol	25 mg	†
Coenzyme Q_{10} (CoQ_{10}) (as ubiquinone & MicroActive® Q_{10})	50 mg	†
Alpha lipoic acid	50 mg	†
Lutein	3 mg	†
Zeaxanthin	500 µg	†
Lycopene	500 µg	†

**Nutrient Reference Value*
† NRV not yet determined
***RE = Retinol Equivalents*

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a healthcare professional.

Ingredients

Ubiquinone, MicroActive® Q10 ubiquinone cyclodextrin complex, carotenoids providing lutein, choline bitartrate, d-alpha tocopherol succinate, inositol, cholecalciferol, niacinamide, beta carotene, calcium pantothenate, carotenoids providing lycopene, selenomethionine, carotenoids providing zeaxanthin, ascorbyl palmitate, menaquinone-7, phytomenadione, manganese citrate, potassium iodide, thiamine HCl, retinol acetate, pyridoxal 5' phosphate, pyridoxine HCl, riboflavin 5' phosphate, riboflavin, chromium picolinate, methylcobalamin, calcium-l-methylfolate, biotin, sodium molybdate, ascorbic acid, ferrous bisglycinate, zinc citrate, alpha lipoic acid. Vegetarian capsule (hydroxypropyl methyl cellulose).