

Fill Nutritional Gaps In Your Diet With Pure Encapsulations®

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.^{1,2}

Every day our bodies fight against nutrient depletion from:

- ✓ A deficient modern food supply
- ✓ Environmental pollutants
- ✓ Stress and anxiety
- ✓ Busy "on the go" lifestyles

A balanced diet that meets the recommended servings of fruits, vegetables, whole grains, protein and essential fats still may not be providing you with adequate nutrient intake. That is why combining a healthy diet with a comprehensive multivitamin and high-quality fish oil is key to promoting optimal health and longevity.[‡]

¹Fulgoni VL, Keast DR, Bailey RL. Foods, Fortificants, and Supplements: Where Do Americans Get Their Nutrients? J Nutr. Oct 2011; 141(10): 1847-1854.
²Harris 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.

[‡]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.



The most important link between our professional-strength supplements and consumers is the presence and guidance of a qualified health professional.



800-753-2277 | PureEncapsulations.com

©2018 Pure Encapsulations, LLC. All Rights Reserved



Nothing But Pure®

O.N.E.™

Once-Daily Nutrient Essentials



PureEncapsulations.com

Why Pure Encapsulations®

Pure Encapsulations' hypoallergenic, research-based dietary supplements are meticulously formulated using pure ingredients designed to deliver predictable results for the benefit of all patients, even the most sensitive.†

Our supplements are **FREE FROM:**



- Wheat and gluten
- Egg
- Peanuts
- Trans fats and hydrogenated oils
- GMOs**
- Magnesium stearate
- Coatings and shellacs
- Artificial colors, flavors and sweeteners
- Unnecessary binders, fillers and preservatives

These undesirable ingredients can diminish the absorption or health-promoting potential of nutrients. Unlike foods, supplements provide the benefit of consistent levels of vitamins and minerals.†

O.N.E.™ Multivitamin

Comprehensive, once-daily multivitamin for men and women ages 18 and over

- ✓ Convenient, one-capsule-per-day dosing
- ✓ Offers broad-spectrum support in a hypoallergenic, vegetarian formula well tolerated by sensitive individuals†
- ✓ Provides activated vitamins and chelated minerals for superior bioavailability
- ✓ Features Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- ✓ Provides enhanced antioxidant support with alpha lipoic acid and sustained-release CoQ₁₀†
- ✓ Promotes macular and retinal health with lutein and zeaxanthin†

each vegetarian capsule contains   v

vitamin A (as vitamin A acetate and 73% beta carotene)..... 1,125 mcg
 vitamin C (as ascorbic acid)..... 180 mg
 vitamin D (as cholecalciferol)(D₃).....50 mcg (2,000 IU)
 vitamin E (as d-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) 10 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
 coenzyme Q₁₀ (from MicroActive® Q₁₀-cyclodextrin complex & CoQ₁₀)..... 50 mg
 alpha lipoic acid 50 mg
 FloraGLO® lutein 3 mg
 zeaxanthin 500 mcg
 lycopene 500 mcg
 other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate

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 Nutritional Products, Inc.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. U.S. ChromeMate® is a registered trademark of InterHealth, N.I.

MicroActive® is a registered trademark of BioActives, LLC.

1 capsule daily, with a meal.

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

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

Highly concentrated, triglyceride-form EPA and DHA in convenient, once-daily dosing

- ✓ Provides 1,000 mg of triglyceride-form EPA and DHA per softgel, twice the potency of other fish oils
- ✓ Offers powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health†
- ✓ Produced using a unique solvent-free, supercritical CO₂ extraction method
- ✓ Thoroughly tested for environmental contaminants (heavy metals, PCBs, dioxins and furans), microbial contaminants, and oxidation and rancidity
- ✓ Follows strict purity guidelines established by the Council for Responsible Nutrition (CRN), European Pharmacopeia (EP) and U.S. Pharmacopeia (USP)

each softgel capsule contains 

calories.....10
 total fat..... 1 g
 fish oil concentrate 1,250 mg
 (from anchovies, jack, herring, smelt, salmon, mackerel, squid)
 providing:
 EPA (eicosapentaenoic acid) 600 mg
 DHA (docosahexaenoic acid)..... 400 mg
 other ingredients: gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols

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

1 softgel capsule daily, with a meal.

O.N.E.™ Omega	Quantity	Order Code
	60	ON06
	30	ON03

Ask your health professional about Pure Encapsulations today
 or visit PureEncapsulations.com to learn more.

**Visit PureEncapsulations.com/quality for more information on our GMO policy.

†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.