

# ONE-Complete

**ONE-Complete is a balanced, convenient, economical one a day multiple vitamin/mineral supplement for adults.**

**ONE-Complete** is vegetarian and gluten free.

**ONE-Complete combines 27 nutrients including:**

- Active form of Vitamin B12 (methylcobalamin)
- Active form of Vitamin B6 (pyridoxal-5-phosphate)
- Folate (as L-Methyltetrahydrofolate Calcium)
- Vitamin K2 as Menaquinone-7
- Coenzyme Q10
- Alpha Lipoic Acid
- Lutein, Lycopene and Zeaxanthin

**ONE-Complete offers vital nutrients for support of:**

- Bone health by providing adequate dietary intake of all the B Vitamins along with Vitamins D & K2, Boron and Zinc.\*
- Cardiovascular health by providing Coenzyme Q10, Lycopene, Lutein, Zeaxanthin, Vitamins A, C, E, Mixed Carotenoids and a complete B Vitamin complex.\*
- Metabolic functions such as proper blood glucose levels which is supported by Vitamins C, E, B6, B12, Niacin and Biotin as well as Chromium, Alpha Lipoic Acid and Manganese.\*
- Antioxidant support due to Vitamin A, C, E, Mixed Carotenoids, Lutein, Alpha Lipoic Acid, Lycopene and Zeaxanthin.\*
- Lipotropic factors like Choline and Inositol, which support fat metabolism and myelin sheath health.\*

## Supplement Facts

**Serving Size: 1 Capsule**

**Amount Per Serving**

Vitamin A	
(as 50% Retinyl Acetate, 50% Mixed Carotenoids)	1,050 mcg
Vitamin C (as Ascorbic Acid)	150 mg
Vitamin D3 (as Cholecalciferol)	50 mcg (2,000 IU)
Vitamin E (as d-alpha Tocopheryl Succinate)	20.1 mg
Vitamin K2 (as Menaquinone-7)	50 mcg
Thiamine (as Thiamine HCl)	5 mg
Riboflavin (as Riboflavin 5-Phosphate)	3.5 mg
Niacin (as Niacinamide)	20 mg

Vitamin B6 (as Pyridoxal 5-Phosphate)	5 mg
Folate (as L-Methyltetrahydrofolate Calcium)	400 mcg DFE
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (as Ca Pantothenate)	10 mg
Choline (as Choline Bitartrate)	25 mg
Iodine (as K Iodide)	150 mcg
Zinc (as Zn Citrate)	25 mg
Selenium (as Selenomethionine)	50 mcg
Manganese (as Mn Citrate)	2 mg
Chromium (as Cr Polynicotinate)	200 mcg
Molybdenum (as Molybdenum Glycinate Chelate)(TRAACS™)	75 mcg
Coenzyme Q10	50 mg
Alpha Lipoic Acid	50 mg
Inositol	25 mg
Lutein	3 mg
Boron (as B Amino Acid Chelate)	1 mg
Lycopene	500 mcg
Zeaxanthin	500 mcg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take one capsule daily with food, or as directed by your healthcare practitioner.

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**TRAACS™**

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.