

SUGGESTED USE: One tablet daily, preferably with breakfast.

Supplement Facts

Serving Size: 1 Tablet

Ingredient	Amount Per Serving	%DV
Vitamins:		
A	(natural beta carotene) 10,000 IU	200
D	(ergocalciferol) 400 IU	100
E	(d-alpha tocopherol) 100 IU	333
K	(phyloquinone) 20 MCG	25
C	(calcium ascorbate) 240 MG	400
B-1	(thiamine) 23 MG	1500
B-2	(riboflavin) 25 MG	1500
B-3	(niacinamide, niacin) 25 MG	167
B-5	(ca. pantothenate) 30 MG	300
B-6	(pyridoxine HCL) 30 MG	1500
Folate	(folic acid) 400 MCG	100
Biotin	(d-biotin) 150 MCG	50
B-12	(methylcobalamin) 100 MCG	1667
Calcium	(ascorbate, citrate) 30 MG	3
Magnesium	(oxide, malate) 30 MG	7
Manganese	(citrate) 2.5 MG	125
Zinc	(malate) 15 MG	100
Iodine	(kelp) 150 MCG	100
Chromium	(niacin) 100 MCG	83
Selenium	(l-selenomethionine) 100 MCG	143
Copper	(glycinate) 1 MG	50
Molybdenum	(glycinate) 25 MCG	33
Potassium	(glycinate) 5 MG	**
Minerals:		
Boron (glycinate)	1 mg	*
Vanadium (glycinate)	20 mcg	*
Blend of 78 Ionic Trace Minerals	25 mg	*
Bioflavonoids:		
Hesperidin complex	25mg	*
Rutin	15 mg	*
Quercetin	10 mg	*
Superfoods:		
Spirulina	250 mg	*
Wheat (gluten free); Barley; Kamut; Oat Grass juice powders (33:1 concentrate)	50 mg	*
Norwegian kelp	30 mg	*
Total raw food values:	1930 mg	*
Plant Enzymes:		
Protease, Amylase, Lactase, Lipase, Cellulase, Maltase, Sucrase	10mg	*
Herbal Extracts:		
Codonopsis [10:1]	40 mg	*
Schizandra [10:1]	40 mg	*
Eleuthero [50:1]	40 mg	*
Gynostemma [12:1]	34 mg	*
Astragalus [12:1]	34 mg	*
He-shou-wu (polygonum multiflorum) [16:1]	25 mg	*
Total raw herb values:	4016 mg	*
Co-Nutrients:		
Choline bitartrate	25 mg	*
Inositol	25 mg	*
Chlorophyll	2.5 mg	*
Mixed Carotenoids	2 mg	*
Mixed Tocopherols	28 mg	*
Phycocyanin	37 mg	*
PhytoNutrients:		
One 'n' Only contains hundreds of valuable phyto-nutrient compounds.		
Lipids:		
Gamma linolenic Acid; Linoleic Acid; Linolenic Acid; Oleic Acid; Stearic Acid		

* Daily Value not established. ** Less than 2% Daily Value.

Other Ingredients: Cellulose, magnesium stearate, silica dioxide, modified cellulose gum. **Storage:** Keep tightly closed in a dry place, avoid extreme heat. Please keep all supplements out of children's reach.

One 'n' Only™

Superior Tonic Multiple™



Quality **Pure** Assured
ESSENCE LABS

We welcome your questions, comments and suggestions. Please write us at:

Pure Essence Labs

P.O. Box 95397, Las Vegas, NV 89193

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www.h2healthsolutions.com

OVER 5900 MG. OF WHOLE FOOD VALUE IN EVERY TABLET

Health Equals Cellular Efficiency

In every moment of every day, cells in the body are busy conducting over one million different types of biochemical reactions. Health is simply the reflection of how efficiently these reactions occur.

Maintaining biochemical efficiency, however, is easier said than done, because, every day, cells are damaged by glycation, calcification, free radicals, etc. Thus, the key to a long and healthy life is to guard against such damage.

Vitamins and minerals help maintain cellular efficiency by activating enzyme systems that are essential to cellular function. Green foods empower cellular efficiency by providing the energy cells require to fuel their metabolic chores. But, phyto-nutrients are perhaps most important of all, because they can actually prevent and repair the damage done to cells.

Preserving Cellular Integrity with Phyto-Nutrients

“Phyto” is simply a prefix meaning of, from or relating to plants. Thus, phyto-nutrients are the nutrients found in various forms of plant life. These nutrients are so important that nutritionists recommend at least seven servings of fruits and vegetables per day.

Sadly, less than one in five Americans get even half of this amount. Even those who do may get only fractions of the phyto-nutrients they need, because the U. S. Department of Agriculture says that it takes seven cups of today’s spinach to equal the nutrition that a single cup provided in 1960. This is why phyto-nutrient supplements have become so vital.



What Should Our Supplements Provide?

The purpose of dietary supplements is to provide the nutrients that are scarce in foods. Sadly, however, few supplements do this.

While the modern diet is far more deficient in phyto-nutrients

than vitamins and minerals, most supplements provide vitamins and minerals, and nothing else.

Naturally, these vitamins and minerals are important. But, using them alone is like eating only the Vitamin C from an orange, while throwing the rest of the nutrients away.

We all know, through simple instinct, that a salad made of many vegetables is better than a plateful of lettuce alone, because any group of foods provides a wider variety of nutrients than any one food by itself. Since our foods are deficient in so many nutrients, we should think of supplements in the same way.

In short, our supplements should be as much like foods as possible. Since our foods are so deficient in phyto-nutrients, we should insist that our multiple vitamin and mineral supplement provide them.



One 'n' Only: The World's Most Nutritious One Daily

One 'n' Only is, quite simply, the most complete, energetic one per day supplement ever offered. Naturally, it provides a perfect balance of every vitamin and mineral (with 78 ionic trace minerals), and all in the forms the body prefers.

But, it also provides over 1930 mg. of the world’s most potent SuperFoods (green foods), so that cells are literally flooded with the fuel they need to do their work. This is six times more green food value than any other one per day supplement provides.

Most importantly, it provides over 4000 mg. of tonic herbal value per day—over 40 times more than any other one per day supplement. Tonic herbs provide thousands of phyto-nutrients that exist in no other plants on Earth. These nutrients have been shown, in over 4000 years of observation, to improve the efficiency of every type of cell in the body. This is vital because, as mentioned, health is simply the reflection of how efficiently cells can function.

So, if you want to take just one tablet daily while enjoying the energy, vitality and general well being that only truly complete nutrition can bring, step up to One 'n' Only today. As with all Pure Essence products, it’s guaranteed to your complete satisfaction, so that if you’re anything less than delighted with your personal results, you may return it to your point of purchase for a complete refund.

One 'n' Only is the most nutritious one per day dietary supplement ever offered.

One 'n' Only™
Superior Tonic Multiple™

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