



Absolute ONE

- Provides support for overall wellness with vitamins, minerals and antioxidants†
- Promotes ocular and retinal health†

Absolute ONE, our best-selling multivitamin formula, combines fundamental support with convenience in a gentle, hypoallergenic formula that is well tolerated by sensitive individuals and features:

- **Broad-Spectrum Support:** A comprehensive profile of 21 essential vitamins and minerals plus antioxidants
- **Antioxidant Complex:** Alpha lipoic acid and a blend of CoQ10 and sustained-release, water-soluble MicroActive® Q10
- **Optimal Forms:** Fully chelated minerals and activated vitamins for optimal efficacy
- **Convenience:** One-capsule-per-day dosing
- **FREE FROM:** Artificial flavors and colors, hydrogenated fats, gluten, GMOs†, common allergens, preservatives, and other unnecessary ingredients

Overview

Today's diets are often depleted of vitamins, minerals and other nutrients due to the quality of our food and busy lifestyles. Combining a healthy diet with a comprehensive multivitamin like Absolute ONE can help replenish nutrients daily for optimal health and longevity. †

Features

- Provides vitamins A, B, C, D and E in highly bioavailable form
- Includes Metafolin®, the naturally occurring, universally metabolized form of folate
- Convenient one-capsule-per-day dosing
- Made with high-quality vegetarian ingredients backed by verifiable science

Verifiable Science

Absolute ONE provides a comprehensive profile of highly bioavailable vitamins, fully chelated minerals and antioxidants to support optimal health.¹ This formula includes Metafolin® L-5- methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate, and lutein and zeaxanthin to help maintain macular and retinal health.^{2,3} Antioxidants include lycopene, alpha lipoic acid and coenzyme Q₁₀, provided as a blend of standard ubiquinone and a sustained-release water-soluble form (MicroActive® Q₁₀.)^{4,5} This formula also provides choline and inositol, which play essential roles in neuronal function, and vitamin D to support cellular health.^{6-8†}

Source

- Vitamin A: synthetic
- Mixed carotenoids: Blakeslea trispora
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Ascorbyl palmitate: corn dextrose fermentation and palm oil
- Vitamin D3: cholesterol from wool fat (lanolin)
- Vitamin E: soybean oil
- Vitamin B1 (thiamin HCl): synthetic
- Vitamin B2 (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B5 (calcium pantothenate): synthetic
- Vitamin B6 (pyridoxal HCl): synthetic
- Vitamin B12 (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Alpha lipoic acid: synthetic
- Choline: synthetic
- CoQ10: fermentation
- Minerals: naturally derived from limestone Sources of the mineral chelates include:
 - Citrate: corn dextrose fermentation
 - Glycinate: synthetic

† 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.

Suggested Use

As a dietary supplement, take 1 capsule daily, with a meal.

Storage

Store in a cool, dry place.

Does Not Contain

Gluten, GMO

References

1. McKay DL, et al. J Am Coll Nutr. 2000;19:613-621.
2. Prinz-Langenohl R, et al. Br J Pharmacol. 2009 Dec; 158(8): 2014–2021.
3. Hammond BR, et al. Invest Ophthalmol Vis Sci. 2014 Dec 2;55(12):8583-9.
4. Tromba L, et al. Nutrients. 2019 Feb 12;11(2):375.
5. Madhavi D, et al. Integrative Medicine. 2010. 9(1).
6. Knott V, et al. Pharmacol Biochem Behav. 2015 Apr;131:119-29.
7. Kim JY, et al. Atherosclerosis. 2011 Mar;215(1):189-95.
8. Hossein-Nezhad A,

Supplement Facts

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.

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