

GLUTEN-FREE • VEGETARIAN • NON-GMO



### Available in ORIGINAL & IRON-FREE

*PIONEER 1+Vitamin/Mineral formula is an outstanding, 100% vegetarian multi of exceptional quality, potency and effectiveness. Designed with built-in dose flexibility depending on individual needs, 1+V/M is available in tablets and vegetarian capsules.*

#### THE STORY OF PIONEER 1+VITAMIN/MINERAL

When PIONEER decided to make a once-daily multi, we knew it wouldn't be easy for several reasons.

- It is impossible to fit enough of *everything* into just one tablet.
- To enable maximum absorption, it is preferable to spread smaller servings out over 24 hours.
- The higher quality, more bioavailable ingredients often take up more space, resulting in a very large tablet.

Despite such challenges, we believed that there was a way to formulate an excellent product without compromising on quality standards. We set out to:

- 1) Design a *flexible-serving 1/day* that would be complete when taken just once daily, but could be taken more frequently with both safety and increased benefit.
- 2) Choose *high, effective yet safe potencies and ratios* of every vitamin, mineral and trace nutrient. (This was achieved with the exception of only two minerals, calcium and magnesium. Due to their extra-large molecular size, these ingredients had to be included in smaller amounts – true for all 1/day multis.)
- 3) Select *the highest quality, most absorbable ingredients available*, regardless of cost.
- 4) Emphasize *antioxidants, minerals and trace nutrients*.
- 5) Use only *natural manufacturing agents* and ingredients that are *hypoallergenic* and *free of unsafe metal contaminants*, resulting in a truly “clean” supplement.

PIONEER *Original 1+V/M* tablets (with iron) were introduced in 1994, and soon became our best-selling multiple vitamin/mineral. After receiving numerous requests for an iron-free multi, we introduced *Iron-Free 1+ V/M* tablets to the *1+* family. Subsequent requests for a vitamin/mineral in capsules led us to develop versions of both *Original* and *Iron-Free 1+V/M* in easy-to-swallow vegetarian capsules. Take two capsules of *1+Vitamin/Mineral* to receive the nutritional equivalent of one tablet.

### CONSIDER THESE ADVANTAGES:

**1. Flexible Daily Serving System.** One of the unique features of *1+Vitamin/Mineral* is its flexible serving system. *1+V/M* is the first complete once-daily multi specifically *designed to be taken either once or twice per day*. The capsule format offers the greatest flexibility, as one may safely take up to four capsules a day, divided in three servings.

Taking *1+V/M* in divided doses allows the benefits to be spread out over the course of the day. PIONEER makes this option completely safe by carefully selecting ingredient levels for maximum safety without any chance of overdose. *1+V/M* makes it easy to customize individual daily requirements. In general, recommended doses are:

- **1 Tablet/2 Capsules Daily** for General Health Maintenance
- **1 Tablet/2 Capsules Twice Daily** for High Stress Lifestyle / Sports and Fitness / Other High Nutritional Needs

Unlike time-released, once-daily vitamins that often break down incompletely, *1+Vitamin/Mineral* disintegrates efficiently for rapid absorption.

**2. Potent Antioxidant Protection.** Environmental pollutants, cigarette smoke, alcohol, radiation, drugs and other toxic substances create dangerous free radicals that can depress the body's natural defense system and predispose cells to premature aging and death. PIONEER *1+V/M* contains one of the highest combined levels of free radical-fighting antioxidants (*vitamins C and E, beta carotene and mixed carotenoids, selenium, etc.*) of any 1/day multi.

**3. Highly Bioavailable Nutrient Forms.** Current research suggests that many of the select forms of nutrients used in *1+V/M* are closer to the body's own chemistry than commonly used forms. Although far more costly, these preferred forms are more efficiently absorbed, transported and utilized within the cells of the body. They include the chelates *aspartate, glycinate, citrate, malate, methionate and glutathione*, *B-complex coenzymes* and *natural source trace minerals*.

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#### 4. Multiple Sources of Vitamins and Minerals.

The ability to absorb specific nutrients differs from individual to individual, and in some, pathways for absorption may be blocked. Using multiple forms and sources gives the body a greater opportunity to recognize and utilize each nutrient. Six of the vitamins and ten of the **chelated minerals** in *1+ Vitamin/ Mineral* are derived from two or more sources of the same nutrient (e.g.: zinc from *picolinate*, *lysinate* and *methionate*).

**5. Biologically Active B Coenzymes.** *Riboflavin 5' phosphate*, *pyridoxal 5' phosphate* and *coenzyme B12* are the most highly absorbable B vitamins available. Because they are pre-activated, they do not need to be converted in the liver and can be directly transported to needed sites in the body.

#### 6. Natural Source Trace Minerals & Micronutrients.

Concentrated organic food sources including *spirulina*, *chlorella*, *barley grass* and *sea minerals* provide *1+V/M* with important trace elements and other micronutrients that are often absent from food grown in commercial soils. **Green Foods** are also concentrated sources of *beta carotene*, *chlorophyll*, *B12* and other *B vitamins*.

#### 7. Free of Gluten, Yeast and Other Common Food Allergens.

**PIONEER 1+V/M** contains no gluten, wheat, yeast, corn, eggs or dairy products, and no added colorings, flavorings, sweeteners, salt, synthetic preservatives, solvents, binders, excipients or coatings. (Though unlikely, traces of rice, soy and citrus may be present.) We use natural manufacturing agents only: cellulose, silica, and vegetable magnesium stearate.

**8. Safe Levels of Iron, or None at All.** Recent research suggests that supplementation with high levels of iron may be harmful for some people. *Original 1+Vitamin/ Mineral* contains only 4 mg of this essential nutrient (22% of USDV). This means that for some individuals, additional iron may be required. For others, our *Iron-Free* version may be appropriate. Ask your health professional about how much iron, if any, is right for you.

**9. 100% Vegetarian.** All of the ingredients in each of the four versions of *1+Vitamin/Mineral* have been carefully selected to come from non-animal sources.

**10. True Full-Disclosure Labeling.** All ingredients, their forms, and ratios are fully disclosed on the label of every PIONEER product. Read the label!

Serving Size 1 tablet / 2 capsules Bottles of 60 or 120 tablets or capsules	AMOUNT PER SERVING	%DV
Vitamin A (100% natural beta carotene and mixed carotenoids from B. trispora and Green Foods)	12,500 IU	250%
Vitamin C (potassium, calcium and magnesium ascorbates)	250 mg	417%
Vitamin D2 (ergocalciferol)	150 IU	38%
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (phytonadione)	50 mcg	62%
Vitamin B1 (thiamine HCl)	20 mg	1333%
Vitamin B2 (5:1 riboflavin HCl:riboflavin 5' phosphate)	20 mg	1176%
Niacin (1:1 niacinamide:niacin)	50 mg	250%
Vitamin B6 (5:1 pyridoxine HCl:pyridoxal 5' phosphate)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (5:1 methylcobalamin:coenzyme B12)	100 mcg	1667%
Biotin	150 mcg	50%
Pantothenic Acid (d-calcium pantothenate)	75 mg	750%
Calcium (2:1 ascorbate:citrate malate)	25 mg	2%
Iron (2:1 fumarate:citrate-glycinate) (ORIGINAL only)	4 mg	22%
Iodine (from organic sea vegetation)	44 mcg	29%
Magnesium (2:1 ascorbate:aspartate)	25 mg	6%
Zinc (1:1:1 picolinate:lysinate:methionate)	15 mg	100%
Selenium (selenomethionate)	75 mcg	107%
Copper (1:1 glycinate:AAC†)	1 mg	50%
Manganese (1:1 aspartate:AAC)	5 mg	250%
Chromium (1:4:1 picolinate:nicotinate:glutathionate)	150 mcg	125%
Molybdenum (1:1 citrate:AAC)	100 mcg	133%
Potassium (2:1 ascorbate:organic sea vegetation)	15 mg	<1%
Boron (1:1 citrate:glycinate)	1 mg	*
Vanadium (sulfate)	50 mcg	*
Choline (bitartrate)	40 mg	*
Bioflavonoid Complex (50% flavonones)	100 mg	*
Rutin : Hesperidin 1:1 (from buckwheat)	40 mg	*
Silicon (from horsetail herb)	1 mg	*
Trace Mineral Complex (from sea vegetation: organic Laminaria spp., Alaria esc., Dulse, Nori)	50 mg	*
<b>Green Foods</b>		
Spirulina	100 mg	*
Chlorella (broken cell) : Barley Grass (1:1)	100 mg	*
Inositol	40 mg	*
PABA (para amino benzoic acid)	15 mg	*
Betaine Hydrochloride	50 mg	*
Vegetable Enzyme Complex (from pineapple, papaya)	75 mg	*

\* Daily Value (DV) not established.  
† AAC = amino acid chelate derived from brown rice protein

**Other ingredients: cellulose, vegetable magnesium stearate, silica.**  
(Tablets also contain natural vanilla.) THIS VEGETARIAN PRODUCT CONTAINS NO gluten, wheat, yeast, corn, eggs, dairy, salt, or sweeteners, and no synthetic colors, flavors, preservatives, solvents, binders, excipients or coatings. May contain traces of rice, soy and citrus. NATURAL MANUFACTURING AGENTS ONLY. 000

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.