

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of PROCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999
WWW.HSN.COM



800.800.1200
PROCAPSLABS.COM

HIGH POTENCY B-COMPLEX

WITH PROTECTED B12

COMPLETE HIGH POTENCY B-COMPLEX
PROTECTED METHYL B12 & METHYL FOLATE



360 Easy-to-Swallow Capsules

Andrew Lessman's HIGH POTENCY B-COMPLEX is the most advanced high potency blend of all B-Complex vitamins, including ultra-high levels of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12) as well as a proprietary form of metabolically active Folic Acid (Methyl Folate). The B-Complex vitamins work together to sustain all metabolic processes from energy production and fat metabolism to healthy cell growth, including hair, skin and nail growth, as well as detoxification (liver), immune function and tissue repair. The B-complex vitamins are also as essential to healthy brain and nervous system function as they are to heart and cardiovascular system function. It has been well-established that our availability of B-vitamins is constantly challenged by age and stress, as well as the consumption of alcohol and medications. The typical diet falls far short of our most basic requirements for B-vitamins, particularly B12, due to its extremely poor availability in the diet and its very poor absorption from foods and supplements. Our unique B12 avoids the use of Cyanocobalamin and instead provides our special absorption-protected natural Coenzyme form of Methyl B12. We also deliver a proprietary form of Methyl Folate, since research has shown that many individuals cannot metabolize and utilize standard Folic Acid alone. No other B-complex supplement or multivitamin offers our uniquely beneficial Methyl B12 and Methyl Folate. Our **High Potency B-Complex** offers an unparalleled and convenient source of all B-Complex Vitamins in a small, easy-to-swallow capsule that is gentle even to sensitive stomachs.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 1 Capsule		Servings Per Container 360
Amount Per Serving		%DV*
Vitamin B1 (as thiamin hydrochloride)	50 mg	3,333%
Vitamin B2 (as riboflavin)	50 mg	2,941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,500%
Folate Complex (as L-methylfolate/folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
* %DV based on 2,000 calorie diet.		

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.