

SUGGESTED USE For best results and optimum absorption, consume your daily supply with food – preferably a complete meal. You can consume your daily supply at one time with a meal or divide them up to be taken with food throughout the day. **For answers to questions about the use of this product, call 800.808.7311.**

PROCAPS LABORATORIES
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In 1979, Andrew Lessman founded a nutritional supplement manufacturing company committed to the science of creating the world's finest and purest natural products to meet the exacting standards of medical and athletic professionals. More than 30 years later, **PROCAPS LABORATORIES** continues as an ethical alternative to the inferior quality and undesirable additives present in typical products. Today, **PROCAPS** offers you the exact same quality and exceptional purity previously only available to health and fitness professionals.

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Andrew Lessman
Founder of ProCAPS LABS

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WOMEN'S ELITE 100™

with **MAXIMUM ESSENTIAL OMEGA-3 500MG**

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS • OMEGA-3S

100 MG COENZYME Q-10 • 100 MG ALPHA LIPOIC ACID

100 MG RESVERATROL • 100 MG EGCG

100 MG POMEGRANATE • 100 MG CITRUS BIOFLAVONOIDS

5,000 MCG LUTEIN • 5,000 MCG LYCOPENE • 2,000 MCG ZEAXANTHIN





60 Perma-Fresh Packets™ • 420 Easy-to-Swallow Capsules

ELITE 100 with Maximum Essential OMEGA-3 is an ultra-high-potency member of **Andrew Lessman's** family of multi-vitamin-mineral formulas with, as its name describes, the added benefits of our unique Omega-3 Oils. **ELITE 100** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **ELITE 100 with Maximum Essential OMEGA-3** comes in easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs and free of any fishy aftertaste. It provides all the benefits you seek from a multi-vitamin without any of the problems normally associated with their use.

ELITE 100 with Maximum Essential OMEGA-3 delivers more than 40 nutrients, including high potencies of all essential vitamins, minerals, phytonutrients, carotenoids and Omega-3 oils. **ELITE 100** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 2,000 IU of Vitamin D3, along with high levels of all the B-Complex vitamins, including 500 mcg of Biotin and 250 mcg of our proprietary, absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (5,000 mcg), Lycopene (5,000 mcg) and our unique Zeaxanthin Complex (2,000 mcg). Additionally, **ELITE 100** provides Gamma Vitamin E, which experts agree is by far the most protective form of Vitamin E. Sadly, virtually every other multi-vitamin and separate Vitamin E formula uses inferior, less protective Alpha Vitamin E.

Maximum Essential OMEGA-3 is our unique blend of Omega-3 fats from fish and flaxseed oil with NO fishy aftertaste, NO stomach upset, NO heavy metals and NO contaminants. Omega-3 fats are a common sense addition to any multi-vitamin, since like vitamins, they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Maximum Essential OMEGA-3**. Sadly, because of the absence of cold-water fish from our diet, Americans typically lack the Omega-3s necessary to support heart, brain, eye and circulatory health. This formula provides our highest levels of DHA, EPA and DPA, along with ALA from Flaxseed oil. The heart and circulatory benefits of Omega-3s have been long established, but DHA's critical role in brain and eye structure and function have made it the most important of the Omega-3s. Fish oil is recognized for its extensive health benefits, but it is equally well-known for its nasty aftertaste and its potential for contaminants and stomach upset. Our **Maximum Essential OMEGA-3** provides all the benefits you seek from fish oil with NO mercury, NO contaminants and absolutely NO stomach upset or fishy aftertaste.

The "100" in **ELITE 100** refers to the 100 mg of six vital ingredients this formula includes: Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, EGCG, Pomegranate and Citrus Bioflavonoids.

Coenzyme Q-10 (CoQ10) – 100 mg. CoQ10 is central to all cellular energy production, while also being a powerfully protective and critical anti-oxidant. It must be present at high concentrations in the hardest working organs in the body (heart, brain, liver and kidneys) in order for these vital organs to function at their best and to protect themselves. CoQ10 levels decrease with age, stress, medications, poor diet and even physical activity making supplementation essential.

Alpha Lipoic Acid (ALA) – 100 mg. Because of its unique ability to be both water and fat soluble, ALA is referred to as the "Universal Anti-Oxidant." This unique solubility allows it to go virtually anywhere in your body protecting hard-to-reach tissues from oxidative damage. Even more important is its essential role in the production of your body's most powerful internal anti-oxidant – Glutathione. Like CoQ10, internal levels

of ALA decline with age, stress and the use of certain medications making supplementation a matter of common sense.

Resveratrol – 100 mg. Resveratrol has been the focus of extensive anti-aging research and only recently available in a pure, high-potency natural form. Resveratrol is the molecule behind the benefits of Red Wine, the Mediterranean diet and the French Paradox. Resveratrol is a far more powerful anti-oxidant than either Vitamins E or C; however, it is Resveratrol's impact on preserving the telomeres in our genetic material that places it at the forefront of the latest anti-aging research.

Epigallocatechin Gallate (EGCG) – 100 mg. EGCG from Green Tea combines thousands of years of traditional use with decades of compelling medical research. EGCG is a powerfully protective molecule that also enhances the activity of our most important internal anti-oxidants. EGCG is also vital to our liver and therefore to our body's internal cleansing and detoxification systems, while also supporting the immune system and protecting the delicate tissues of our brain, heart and breast.

Pomegranate (40% Ellagic Acid/40% Punicalagins) – 100 mg. Used traditionally for centuries and referred to as "sacred fruit," scientists have confirmed Pomegranate's unique protective content. Unfortunately, most Pomegranate products and juices are not standardized to deliver its beneficial compounds, whereas our 40:40 Complex is standardized for both Punicalagins and Ellagic Acid assuring you all the benefits you seek without the sugar and calories of Pomegranate Juice.

Citrus Bioflavonoids – 100 mg. Citrus Bioflavonoids, including Hesperidin and Rutin, are some of the most powerfully protective compounds found in plants, and as the name suggests, are highly concentrated in citrus fruit. Citrus Bioflavonoids possess their own independent antioxidant activity and also act synergistically to enhance the benefits of Vitamin C, which is why they are so often included in separate Vitamin C formulas.

ELITE 100 with Maximum Essential OMEGA-3 delivers the nutrients you seek without employing impossible to swallow and difficult to digest tablets. Instead, we use only easy-to-swallow capsules to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **ELITE 100 with Maximum Essential OMEGA-3** provides a comprehensive list of vitamins, minerals, carotenoids, phytonutrients and Omega-3 Oils at levels that respect both you and the scientific literature.

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, wheat, gluten, sodium, salt, sugar, starch, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND.

THE PERFECT PACKET.

The Perma-Fresh Purple Packet. The Only Packet Worthy of Our 100% Pure Products.



Our Purple Packet is our most advanced packet ever, offering even more protection than our original Foil Packet. To retain potency, vitamins must be protected from light, moisture and oxygen and the ordinary clear packets used with typical vitamins cannot do so. Our unique **Purple Packets** are constructed from multiple layers of specialized materials to safeguard your vitamins from damaging light, moisture and oxygen. For decades, our Foil Packets set the standard for vitamin protection and today, our **Perma-Fresh Purple Packet** takes that protection to the highest levels, giving your vitamins the special protection they deserve.

Supplement Facts		Serving Size 1 Packet - Servings Per Container 60 (6 Powder Capsules/ 1 Liquid Softgel)
Amount Per Packet		%DV*
Calories 5	Calories from Fat 5	
Total Fat 1 g		2%
Cholesterol	Less than 5 mg	1%
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbil palmitate)	1,000 mg (1 g)	1,667%
Vitamin D3 (as cholecalciferol)	2,000 IU	500%
Vitamin E (total natural tocopherols)	300 mg	†
as natural d-gamma tocopherol	200 mg	†
as natural d-alpha tocopheryl succinate/tocopherol	120 IU (80 mg)	400%
as natural d-delta/d-beta tocopherol	20 mg	†
Vitamin B1 (as thiamin hydrochloride)	25 mg	1,667%
Vitamin B2 (as riboflavin)	25 mg	1,471%
Niacin (as niacinamide/chromium nicotinate)	25 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%
Folate Complex (as L-methylfolate/folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	4,167%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as ascorbate/carbonate/malate)	400 mg	40%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc citrate)	30 mg	200%
Selenium (as selenium-methionine complex)	200 mcg	286%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Alpha Lipoic Acid	100 mg	†
Coenzyme Q-10 (natural ubiquinone)	100 mg	†
Epigallocatechin Gallate (EGCG)	100 mg	†
from standardized Green Tea Leaf extract		
Pomegranate Blend, extract (fruit)	100 mg	†
standardized to 40% punicalagins/40% ellagic acid		
Resveratrol (from Polygonum cuspidatum (root) extract)	100 mg	†
Citrus Bioflavonoid Complex, (fruit)	100 mg	†
standardized to 80% bioflavonoids		
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg	†
Boron (as boron glycinate)	1,000 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Silicon (as silicon dioxide)	10 mg	†
Lutein	5 mg (5,000 mcg)	†
Lycopene	5 mg (5,000 mcg)	†
Total Zeaxanthin Complex	2,000 mcg (2 mg)	†
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	645 mg	†
Total Omega-3 Fatty Acids	500 mg	†
DHA-Docosahexaenoic Acid (Omega-3)	225 mg	
EPA-Eicosapentaenoic Acid (Omega-3)	175 mg	
DPA-Docosapentaenoic Acid (Omega-3)	25 mg	
Alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	50 mg	†
Proprietary Orange Essence (Extracted Oil)	24 mg	†

*%DV are based on a 2,000 calorie diet. †DV not established. Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix.