

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 800.800.1200.**

PROCAPS LABORATORIES
THE ONLY CHOICE OF PROFESSIONALS.

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.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of ProCAPS LABS

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WOMEN'S ELITE 200™

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS

200 MG COENZYME Q-10 • 200 MG ALPHA LIPOIC ACID

200 MG RESVERATROL • 200 MG EGCG

200 MG POMEGRANATE • 200 MG CITRUS BIOFLAVONOIDS

7,500 MCG LUTEIN • 7,500 MCG LYCOPENE • 3,000 MCG ZEAXANTHIN

100% PURE • ADDITIVE-FREE • GENTLE TO SENSITIVE STOMACHS



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DIETARY SUPPLEMENT

ELITE 200 is an ultra-high-potency member of **Andrew Lessman's** family of multi-vitamin-mineral formulas. **ELITE 200** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **ELITE 200** comes as an ultra-fine powder in small, easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs. It provides all the benefits you seek from a multi-vitamin without any of the problems normally associated with their use.

ELITE 200 delivers more than 40 nutrients, including high potencies of all essential vitamins, minerals, phytonutrients and carotenoids. **ELITE 200** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 2,000 IU of all-important Vitamin D3, along with high levels of all the B-Complex vitamins, including 2,000 mcg of Biotin and 500 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 (7,500 mcg), Lycopene (7,500 mcg) and our unique Zeaxanthin Complex (3,000 mcg). Additionally, **ELITE 200** 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.

The "200" in **ELITE 200** refers to the 200 mg of six vital ingredients this formula includes: **Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, EGCG, Pomegranate and Citrus Bioflavonoids**.

Coenzyme Q-10 (CoQ10) – 200 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) – 200 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 – 200 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) – 200 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) – 200 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 – 200 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 200 also delivers high levels of protective compounds from nine other established natural ingredients, including powerful, protective extracts of **Bilberry, Blueberry, Curcumin, Broccoli, Wasabi, Mustard Seed, Pine Bark, Grape Seed and Apple**. Each of these standardized extracts of long-respected natural foods and ingredients has been the subject of extensive scientific inquiry validating their importance to any comprehensive health and anti-aging regimen.

ELITE 200 delivers the important nutrition you seek *without* employing impossible to swallow and difficult to digest tablets. Instead, we use only easy-to-swallow capsules containing ultra-fine, non-acidic powders to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **ELITE 200** provides a comprehensive list of vitamins, minerals, carotenoids and phytonutrients 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, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergens, color, flavor, sweetener or preservative.

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 (8 Capsules)
Amount Per Serving		Servings Per Container 60
		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1,000 mg	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)	500 mcg	8,333%
Biotin	2,000 mcg	667%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as ascorbate/malate/carbonate)	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%
Boron (as boron glycinate)	1,000 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Lutein	7.5 mg (7,500 mcg)	†
Lycopene	7.5 mg (7,500 mcg)	†
Total Zeaxanthin Complex	3,000 mcg (3 mg)	†
Alpha Lipoic Acid	200 mg	†
Coenzyme Q-10 (Natural Ubiquinone)	200 mg	†
Epigallocatechin Gallate (EGCG), from standardized Green Tea Leaf extract	200 mg	†
Pomegranate Blend, extract (fruit), 40% punicalagins/40% ellagic acid	200 mg	†
Resveratrol (from Polygonum cuspidatum (root) extract)	200 mg	†
Citrus Bioflavonoid Complex, (fruit), standardized to 80% bioflavonoids	200 mg	†
Bilberry Blend, extract (fruit), standardized to 10%/25% anthocyanins	100 mg	†
Blueberry, extract (fruit), standardized to 12% anthocyanins	25 mg	†
Apple, extract (fruit), standardized to 75% polyphenols	25 mg	†
Broccoli, extract (sprout/seed), standardized to 1.2% sulforaphane glucosinolate	25 mg	†
Pine Bark, extract (bark), standardized to 95% proanthocyanidins/75% polyphenols	25 mg	†
Grape Seed, extract (seed), standardized to 95% polyphenols	25 mg	†
Wasabi, extract (root), standardized to 0.75% glucosinolates	25 mg	†
Mustard Seed, extract (seed), standardized to 10% glucosinolates	25 mg	†
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	25 mg	†
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg	†
* % Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established. Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.		