

**IMPORTANT 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 40 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.

**UNSUPPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Founder of ProCaps Labs

**THIS PRODUCT IS ONLY AVAILABLE FROM**



**800.800.1200**  
**PROCAPSLABS.COM**

# WOMEN'S FOUNDER'S

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS

500 MG COENZYME Q-10 • 500 MG ALPHA LIPOIC ACID

200 MG RESVERATROL • 200 MG EGCG

200 MG POMEGRANATE • 200 MG CITRUS BIOFLAVONOIDS

10,000 MCG LUTEIN • 10,000 MCG LYCOPENE • 4,000 MCG ZEAXANTHIN

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



DIETARY SUPPLEMENT



30 Perma-Fresh Packets™ • 300 Easy-to-Swallow Capsules

**FOUNDER'S** is the highest potency member of **Andrew Lessman's** family of multi-vitamin-mineral formulas. **FOUNDER'S** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **FOUNDER'S** 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.

**FOUNDER'S** delivers more than 40 nutrients, including high potencies of all essential vitamins, minerals, phytonutrients and carotenoids. **FOUNDER'S** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 50 mcg (2,000 IU) of all-important Vitamin D<sub>3</sub>, along with high levels of all the B-Complex vitamins, including 2,000 mcg of Biotin and 500 mcg of our unique 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 (10,000 mcg), Lycopene (10,000 mcg) and our unique Zeaxanthin Complex (4,000 mcg). Additionally, **FOUNDER'S** provides our new highly bioavailable, natural Crystalline Vitamin E.

**FOUNDER'S** also includes Andrew's personal, concentrated balance of six vital ingredients, including **Coenzyme Q-10, Alpha Lipic Acid, Resveratrol, Green Tea EGCG, Pomegranate and Citrus Bioflavonoids**. Details regarding each of these powerfully protective ingredients follows:

**Coenzyme Q-10 (CoQ10) – 500 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 Lipic Acid (ALA) – 500 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.

**FOUNDER'S** 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.

**FOUNDER'S** 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, **FOUNDER'S** provides the most 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 (10 Capsules) |
|----------------------------------------------------------------------------------|----------------------------------|-------------------------------------|
| Amount Per Packet                                                                |                                  | Servings Per Container 30           |
|                                                                                  |                                  | %DV*                                |
| Vitamin A (as natural beta carotene)                                             | 750 mcg RAE (2,500 IU)           | 83%                                 |
| Vitamin C (as calcium ascorbate/magnesium ascorbate/ascorbil palmitate)          | 1,000 mg                         | 1,111%                              |
| Vitamin D <sub>3</sub> (as cholecalciferol)                                      | 50 mcg (2,000 IU)                | 250%                                |
| Vitamin E (as natural Crystalline Vitamin E)                                     | 268 mg (400 IU)                  | 1,787%                              |
| Vitamin B <sub>1</sub> (as thiamin hydrochloride)                                | 25 mg                            | 2,083%                              |
| Vitamin B <sub>2</sub> (as riboflavin)                                           | 25 mg                            | 1,923%                              |
| Niacin (as niacinamide/chromium nicotinate)                                      | 25 mg                            | 156%                                |
| Pantothenic Acid (as calcium pantothenate)                                       | 25 mg                            | 500%                                |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)                             | 25 mg                            | 1,471%                              |
| Vitamin B <sub>12</sub> (as methylcobalamin - protected Coenzyme B12)            | 500 mcg                          | 20,833%                             |
| Folate Complex (as L-methylfolate/folic acid)                                    | 400 mcg DFE (120 mcg folic acid) | 100%                                |
| Biotin                                                                           | 2,000 mcg                        | 6,667%                              |
| Calcium (as ascorbate/malate/carbonate)                                          | 400 mg                           | 31%                                 |
| Magnesium (as ascorbate/oxide)                                                   | 200 mg                           | 48%                                 |
| Zinc (as zinc citrate)                                                           | 30 mg                            | 273%                                |
| Selenium (as selenium-methionine complex)                                        | 200 mcg                          | 364%                                |
| Copper (as copper citrate)                                                       | 2 mg                             | 222%                                |
| Manganese (as manganese citrate)                                                 | 2 mg                             | 87%                                 |
| Chromium (as chromium nicotinate)                                                | 200 mcg                          | 571%                                |
| Molybdenum (as molybdenum glycinate)                                             | 75 mcg                           | 167%                                |
| Boron (as boron glycinate)                                                       | 1,000 mcg                        | ↑                                   |
| Vanadium (as vanadyl sulfate)                                                    | 50 mcg                           | ↑                                   |
| Lutein                                                                           | 10 mg (10,000 mcg)               | ↑                                   |
| Lycopene                                                                         | 10 mg (10,000 mcg)               | ↑                                   |
| Zeaxanthin Complex                                                               | 4,000 mcg (4 mg)                 | ↑                                   |
| Alpha Lipic Acid                                                                 | 500 mg                           | ↑                                   |
| Coenzyme Q-10 (Natural Ubiquinone)                                               | 500 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            | 200 mg                           | ↑                                   |
| Blueberry, extract (fruit), standardized to 12% anthocyanins                     | 50 mg                            | ↑                                   |
| Apple, extract (fruit), standardized to 75% polyphenols                          | 50 mg                            | ↑                                   |
| Broccoli, extract (sprout/seed), standardized to 1.2% sulforaphane glucosinolate | 50 mg                            | ↑                                   |
| Pine Bark, extract (bark), standardized to 95% proanthocyanidins/75% polyphenols | 50 mg                            | ↑                                   |
| Grape Seed, extract (seed), standardized to 80% polyphenols                      | 50 mg                            | ↑                                   |
| Wasabi, extract (root), standardized to 0.75% glucosinolates                     | 50 mg                            | ↑                                   |
| Mustard Seed, extract (seed), standardized to 10% glucosinolates                 | 50 mg                            | ↑                                   |
| Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)   | 50 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.