

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



**UNSURPASSED.**  
*Purity. Quality. Integrity.  
Effectiveness.*

*Andrew Lessman*  
Andrew Lessman  
Founder of ProCaps Labs

**THIS PRODUCT IS ONLY AVAILABLE FROM**



www.HSN.com  
800.944.9999



ProCapsLabs.com  
800.800.1200

# 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                            | 4,167%                     |
| Vitamin B2 (as riboflavin)                                                    | 50 mg                            | 3,846%                     |
| Niacin (as niacinamide)                                                       | 50 mg                            | 313%                       |
| Pantothenic Acid (as calcium pantothenate)                                    | 50 mg                            | 1,000%                     |
| Vitamin B6 (as pyridoxine hydrochloride)                                      | 50 mg                            | 2,941%                     |
| Vitamin B12 (as methylcobalamin - protected Coenzyme B12)                     | 250 mcg                          | 10,417%                    |
| Folate Complex (as L-methylfolate/folic acid)                                 | 533 mcg DFE (200 mcg folic acid) | 133%                       |
| Biotin                                                                        | 300 mcg                          | 1,000%                     |
| * %DV based on 2,000 calorie diet.                                            |                                  |                            |
| Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix. |                                  |                            |