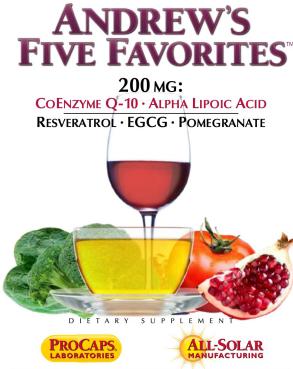
SUGGESTED USE Consume two or three capsules daily, or as recommended by your physician. For best results take this product with food containing a small amount of fat or oil. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. For questions about the use of this







ANDREW'S FIVE FAVORITES is Andrew Lessman's personal blend of his five favorite ingredients to add to your daily multi-vitamin. The formula begins with the unparalleled protection of the world's finest natural Coenzyme Q-10. CoQ10 is essential for all cellular energy production, while also providing powerful anti-aging and antioxidant protection. CoQ10 is required for our most important organs (heart, brain, liver, etc.) to function their best, particularly as we age. Andrew's next favorite is Alpha Lipoic Acid (ALA), which is referred to as the Universal Anti-Oxidant because of its unique ability to protect both aqueous (water) or lipid (oil-based) environments, thus enabling ALA to deliver its benefits anywhere in the body. ALA's unique properties allow it to be particularly effective in protecting our nervous system and brain, along with the liver, kidneys and immune system. Andrew also includes two of nature's most protective and beneficial molecules from the world's most well-researched beverages: EGCG from Green Tea and Resveratrol from Red Wine. EGCG is credited with the myriad of health benefits of Green Tea and the Asian diet, while Resveratrol has been assigned that same role in the health benefits of Red Wine and the Mediterranean diet. Green Tea and Red Wine have been revered for centuries, and decades of research have delivered

Supplement Facts includes Pomegranate because of its rich complement of uniquely protective polyphenols called Punical agins and Ellagic Acid. Unlike sugar-laden, high calorie juices, our unique extract of Pomegranate provides an exceptional 40% standardization of each of these two exceptionally protective compounds. Andrew's Five Favorites is a unique combination of protective ingredients that, after more than 40 years of creating vitamins, Andrew has concluded, are the five most important and well-researched ingredients to add to your daily vitamin regimen.

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, fat cholesterol, color, preservative, common allergens or manufacturing additives

CONTAINS NO ADDITIVES OF ANY KIND.

Serving Size 3 Capsules **Servings Per Container 166 Amount Per Serving** Vitamin C 120 mg 133% (as calcium ascorbate/ascorbyl palmitate) Vitamin B12 50 mcg 2,083% (as methylcobalamin - protected Coenzyme B12) Alpha Lipoic Acid 200 mg Coenzyme 0-10 (natural ubiquinone) 200 mg Epigallocatechin Gallate (EGCG) 200 mg from standardized Green Tea Leaf extract Pomegranate Blend, extract (fruit) 200 mg

(from Polygonum cuspidatum (root) extract) Percent Daily Values (%DV) are based on a 2.000 calorie diet.

standardized to 40% punical gins/40% ellagic acid

Daily Value not established.

Resveratrol

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

200 mg