

ALL NATURAL • 100% PURE • ADDITIVE-FREE
GENTLE EVEN FOR SENSITIVE STOMACHS



ProCaps
LABORATORIES

ALL-SOLAR
MANUFACTURING

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

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 questions about the use of this product call 800.332.7799.**

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

COMPLETE delivers more than 30 nutrients, including high potencies of all essential vitamins, minerals and carotenoids. **COMPLETE** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 50 mcg (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 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 (2,500 mcg), Lycopene (2,500 mcg) and our unique Zeaxanthin Complex (1,000 mcg). Additionally, **COMPLETE** provides 268 mg (400 IU) of natural Vitamin E.

Supplement Facts		Serving Size & Packet (18 Powder Scoops) Serving Per Container	%DV*
Amount Per Packet			%DV*
Vitamin A (as natural beta-carotene)	750 mcg RAE (2,500 IU)	80%	
Vitamin C	1,000 mg (1 g) (2,111% DV)	100%	
(as calcium ascorbate/magnesium ascorbate/ascorbyl palmitate)			
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	100%	

COMPLETE delivers the nutrients 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, **COMPLETE** provides a comprehensive list of vitamins, minerals and carotenoids 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.

UNSURPASSED.
Purity. Quality. Integrity.
Effectiveness.



Andrew Lessman
Founder of Pro-Cape Guide

www.HSE.co.uk

www.GVC.com

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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 additive present in typical products. Today

ProCAPS offers you the exact same quality and exceptional service you've

only available to health and fitness

professionals.

THE PERFECT PACKET.

The Penna-Fresh Purple Packet
The Only Packet Available

See Only Packet History or
Our 100% Pure Product

Our Purple Packet is our most advanced packet ever, offers

even more protection than original Foil Packet. To re-

protected from light, moisture and

and the ordinary clear packets used with other vitamins cannot do so. Our unique Pur

are constructed from multiple layer
alized materials to safeguard your vital

damaging light, moisture and oxygen. Yes, our Foil Packets set the standard.

in protection and today, our Perma-Fix
to Packet takes that protection to

at levels, giving your vitamins the attention they deserve.

Supplement Facts		Serving Size & Pack Size 18 Powder Capsules Per Bottle (30 Capsules)
Amount Per Serving	% Daily Value*	
Vitamin A (as natural beta carotene)	750 mcg RAE (2,500 IU)	150%
Vitamin E (as d-alpha-tocopherol)	1,000 mg (10 IU)	20,000%
Vitamin C (as ascorbic acid)	50 mg (100 mg)	100%
Vitamin B-12 (as methylcobalamin)	250 mcg (400 IU)	5,000%
Vitamin B1 (as thiamin hydrochloride)	25 mg	2,500%
Vitamin B2 (as riboflavin)	25 mg	1,250%
Niacin (as niacinamide, chromium nicotinate)	25 mg	500%
Phosphatidylserine (as calcium phosphatidylserine)	25 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,473%
Vitamin B12	250 mcg	10,000%
Methylcobalamin (methylcobalamin, protected Coenzyme B12)	250 mcg (400 IU)	10,000%
Folate (as folic acid)	120 mcg DFE (120 mcg folic acid)	60%
Calcium (as calcium carbonate)	500 mg	1,000%
Magnesium (as magnesium oxide)	400 mg	33%
Zinc (as zinc citrate)	30 mg	273%
Copper (as cupric succinate)	2 mg	200%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium nicotinate)	200 mcg	573%
Molybdenum (as molybdenum glycinate)	75 mcg	167%
Silicon (as silicon dioxide)	1,000 mg	100%
Lutetin	25 mg (250 mcg)	100%
Lycopene	2.5 mg (2,500 mcg)	100%
Zeaxanthin	1,000 mcg (1 mg)	100%
Vitamin D (as vitamin D3)	50 mcg	100%
Choline (as choline chloride)	10 mg	100%

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

CONTAINS NO ADDITIVES OF ANY KIND