# MEN'S
# COMPLETE™

## with MAXIMUM ESSENTIAL OMEGA-3 1,000 MG

HIGH POTENCY VITAMINS · MINERALS · CAROTENOIDS · OMEGA-3S

ALL NATURAL · 100% PURE · ADDITIVE-FREE

GENTLE · NO FISHY AFTERTASTE

PROCAPS LABORATORIES · ALL-SOLAR MANUFACTURING

60 Perma-Fresh Packets™ • 360 Easy-to-Swallow Capsules

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**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 with Maximum Essential OMEGA-3** is the foundational member of **Andrew Lessman's** family of multi-vitamin-mineral formulas with, as its name describes, the added benefits of our unique Omega-3 Oils. **COMPLETE** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **COMPLETE with Maximum Essential OMEGA-3** comes in easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs and free of any fishy aftertaste. It provides all the benefits you seek from a multi-vitamin without any of the problems normally associated with their use.

**COMPLETE with Maximum Essential OMEGA-3** delivers more than 30 nutrients, including high potencies of all essential vitamins, minerals, carotenoids and Omega-3 Oils. **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.

**Maximum Essential OMEGA-3** is our unique blend of Omega-3 fats from fish and Ahiflower® Oil with NO fishy aftertaste, NO stomach upset, NO heavy metals and NO contaminants. Omega-3 fats are a common sense addition to any multi-vitamin, since like vitamins, they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Maximum Essential OMEGA-3**. Sadly, because of the absence of cold-water fish from our diet, Americans typically lack the Omega-3s necessary to support heart, brain, eye and circulatory health. This formula provides our highest levels of DHA, EPA and DPA, along with SDA from Ahiflower® Oil. The heart and circulatory benefits of Omega-3s have been long established, but DHA's critical role in brain and eye structure and function have made it the most important of the Omega-3s. Fish oil is recognized for its extensive health benefits, but it is equally well-known for its nasty aftertaste and its potential for contaminants and stomach upset. Our **Maximum Essential OMEGA-3** provides all the benefits you seek from fish oil with NO mercury, NO contaminants and absolutely NO stomach upset or fishy aftertaste.

**COMPLETE with Maximum Essential OMEGA-3** delivers the nutrients you seek without employing impossible to swallow and difficult to digest tablets. Instead, we use only easy-to-swallow capsules to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **COMPLETE with Maximum Essential OMEGA-3** provides a comprehensive list of vitamins, minerals, carotenoids and Omega-3 Oils at levels that respect both you and the scientific literature.

Ahiflower® is a registered trademark of Technology Crops, LLC.

**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 ProCaps Labs*

PROCAPS LABORATORIES · ALL-SOLAR MANUFACTURING

QUESTIONS?
CALL 800.800.1200
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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 additives present in typical products. Today, **PROCAPS** offers you the exact same quality and exceptional purity previously only available to health and fitness professionals.

**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 · Servings Per Container 60
(4 Powder Capsules/2 Liquid Softgels)

| Amount Per Packet | | %DV* |
|---|---|---|
| **Calories** 10 | | |
| **Total Fat** 1.5 g | | 2% |
| **Cholesterol** 5 mg | | 2% |
| Vitamin A (as natural beta carotene) | 750 mcg RAE (2,500 IU) | 83% |
| Vitamin C (as calcium ascorbate/magnesium ascorbate/ascorbyl palmitate) | 1,000 mg (1 g) | 1,111% |
| Vitamin D3 (as cholecalciferol) | 50 mcg (2,000 IU) | 250% |
| Vitamin E (as natural d-alpha tocopheryl succinate) | 268 mg (400 IU) | 1,787% |
| Vitamin B1 (as thiamin hydrochloride) | 25 mg | 2,083% |
| Vitamin B2 (as riboflavin) | 25 mg | 1,923% |
| Niacin (as niacinamide/chromium nicotinate) | 25 mg | 156% |
| Pantothenic Acid (as calcium pantothenate) | 25 mg | 500% |
| Vitamin B6 (as pyridoxine hydrochloride) | 25 mg | 1,471% |
| Vitamin B12 (as methylcobalamin - protected Coenzyme B12) | 250 mcg | 10,417% |
| Folate Complex (as L-methylfolate/folic acid) | 400 mcg DFE (120 mcg folic acid) | 100% |
| Biotin | 500 mcg | 1,667% |
| Calcium (as ascorbate/malate/carbonate) | 200 mg | 15% |
| Magnesium (as ascorbate/oxide) | 100 mg | 24% |
| 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) | 300 mcg | † |
| Lutein | 2.5 mg (2,500 mcg) | † |
| Lycopene | 2.5 mg (2,500 mcg) | † |
| Zeaxanthin Complex | 1,000 mcg (1 mg) | † |
| Vanadium (as vanadyl sulfate) | 50 mcg | † |
| Branched Chain Amino Acid Complex (as leucine/valine) | 50 mg | † |
| Silicon (as silicon dioxide) | 10 mg | † |
| Fish Oil (anchovy, mackerel, menhaden, sardine, tuna) | 1,210 mg | † |
| Total Omega-3 Fatty Acids | >1,000 mg | |
| DHA-Docosahexaenoic Acid (Omega-3) | 500 mg | |
| EPA-Eicosapentaenoic Acid (Omega-3) | 350 mg | |
| DPA-Docosapentaenoic Acid (Omega-3) | 50 mg | |
| ALA-Alpha-Linolenic Acid (Omega-3) (from B. arvensis seed, Ahiflower® oil) | 70-80 mg | † |
| SDA-Stearidonic Acid (Omega-3) (from B. arvensis seed, Ahiflower® oil) | 30-35 mg | † |
| Other Omega-3 Fatty Acids | 50 mg | |
| GLA - Gamma-Linolenic Acid (Omega-6) (from B. arvensis seed, Ahiflower® oil) | 7.5 mg | † |

*Percent Daily Value (%DV) based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix, Proprietary Orange Essence (Extracted Oil).

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, sweetener or preservative.

**CONTAINS NO ADDITIVES OF ANY KIND.**