

SUGGESTED USE For best results and optimum absorption, consume the contents of one packet (7 capsules) with food – preferably a complete meal. Because this product is mild and non-acidic, you can consume all seven capsules at one time with a meal or simply divide them throughout the day with food. **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 creating the world's only additive-free supplements to meet the exacting standards of medical, fitness and athletic professionals. More than 30 years later, **ProCaps Laboratories** continues as the only alternative to the marginal quality and the additives typical of ordinary products. Today, we are proud to offer you the same products that have long been viewed as the only choice of informed professionals.

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Founder of ProCaps Labs

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430 Parkson Road
Henderson, NV 89011



WOMEN'S LIFE Rx

COMPLETE

HIGH POTENCY VITAMINS, MINERALS & ANTI-OXIDANTS

PLUS MAXIMUM ESSENTIAL OMEGA-3 • NO FISHY AFTERTASTE

ALL NATURAL • ULTRA-MILD • ADDITIVE-FREE

GENTLE EVEN FOR SENSITIVE STOMACHS



30 Perma-Fresh Packets™ • 210 Easy-to-Swallow Capsules

Women's COMPLETE LIFE Rx plus OMEGA-3 is the original member of **Andrew Lessman's Life Rx** family of formulas, which are the world's only additive-free multi-vitamin-mineral supplements containing only the nutrients listed on the label and *no binders, fillers, lubricants or other manufacturing additives*. **COMPLETE** comes as an ultra-fine powder in small, soft, easy-to-swallow capsules that, despite their high potency, are guaranteed to be gentle even to the most sensitive stomach. **COMPLETE** is designed to provide all the benefits you seek from a multi-vitamin without any of the problems commonly associated with their use.

Women's COMPLETE LIFE Rx plus OMEGA-3 combines our new **Maximum Essential Omega-3** formula with the world's first "All Powder" multi-vitamin-mineral to deliver high levels of Gamma Vitamin E, along with more than 40 other nutrients, including high potencies of all essential vitamins, minerals, plus ultra-high potencies of key anti-oxidants and carotenoids. Our new **Maximum Essential Omega-3** delivers our highest potency, contaminant-free blend of **DHA** (Docosahexaenoic Acid), **EPA** (Eicosapentaenoic Acid) and **ALA** (Alpha Linolenic Acid) from Fish and Flaxseed Oil *without any fishy aftertaste*. The **All Powder** formula of our new **COMPLETE LIFE Rx** makes it the mildest high potency multi-vitamin-mineral formula possible. It now provides 1,600 IU of Vitamin D₃, along with high levels of all the B-Complex vitamins, including 500 mcg of Biotin and 250 mcg of our specially protected Vitamin B-12, plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (2,000 mcg), Lycopene (2,000 mcg), hard-to-find Zeaxanthin (1,000 mcg) and Astaxanthin (500 mcg). **COMPLETE LIFE Rx** also delivers high levels of super soluble forms of Calcium and Magnesium, along with 1,600 IU of Vitamin D₃, the nutrients women need most to protect and build their skeleton. Experts agree that the most protective form of Vitamin E is Gamma Tocopherol, yet unfortunately, virtually all other multi-vitamins and typical separate Vitamin E products contain only the less protective Alpha form of Vitamin E and none of the superior Gamma form at all. That alone makes our **COMPLETE LIFE Rx** totally unique; however, our latest Vitamin E innovation makes **Women's COMPLETE LIFE Rx** unlike any other multi-vitamin in the world, since no other formula delivers all four forms of Vitamin E with ultra-high levels of all-important Gamma Tocopherol and does so in an ultra-mild **All Powder** form ensuring that **Women's COMPLETE LIFE Rx** is the most gentle high-potency formula possible.

Women's COMPLETE LIFE Rx plus OMEGA-3 also includes the benefits of our new **Maximum Essential Omega-3** formula, which provides a unique blend of Omega-3 oils without mercury, without PCBs and with no fishy aftertaste. Just as we require essential vitamins to live, there are also the essential Omega-3 fatty acids that we require for life. The Omega-3s make up the trillions of cell membranes in our body and since they cannot be produced by the body, their health benefits are only available by eating a diet rich in cold water fish or with a supplement like our **Maximum Essential Omega-3**. Research has shown that diets rich in Omega-3s are

associated with superior cardiovascular (heart), nervous system (brain) and circulatory health. Unfortunately, the typical American diet does not supply the Omega-3s required or recommended for good health. Our **Maximum Essential Omega-3** formula provides a unique balance of both fish and flaxseed oils delivering our highest levels of all-important DHA, plus EPA and ALA. The heart benefits of DHA and EPA are long established, but the role of DHA in brain and eye function is by far the most important Omega-3 breakthrough in recent years. Sadly, typical Omega-3 formulas focus on EPA rather than DHA, but our **Maximum Essential Omega-3** focuses on the more important **DHA**, which is vital for the structure and function of the brain and eyes. In fact, the highest functioning areas of the brain contain ultra-high levels of DHA with DHA making up more than 30% of the "grey matter." Plus, DHA is equally critical to the eye with the highest concentration of DHA found in the macula area of the retina. Fish oil supplements have long been praised for their health benefits, but are equally well-known for their unpleasant aftertaste and potential contaminants; however, our **Maximum Essential Omega-3** allows you to enjoy all the benefits of fish oil without worrying about mercury, contaminants or fishy aftertaste.

Women's COMPLETE LIFE Rx plus OMEGA-3 does not employ difficult to digest tablets and instead comes as a mild, pure, additive-free powder in small, soft, easy-to-swallow capsules. The ultra-fine, non-acidic powder in each capsule most efficiently delivers its benefits while also being gentle even to the most sensitive stomach. Most importantly, unlike typical one-pill-per-day multi-vitamins that *never* deliver the levels a woman truly requires, **Women's COMPLETE LIFE Rx** provides a comprehensive list of essential vitamins, minerals and carotenoids at the potency levels respecting the scientific research and the needs of women.

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, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND.

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 (5 Powder/2 Liquid Caps)	
Amount Per Packet		%DV*	
Calories	15	Calories from Fat 15	
Total Fat	1.5 g		2%
Cholesterol	less than 5 mg		1%
Vitamin A (as alpha and beta carotene)		5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1 g (1,000 mg)	1667%	
Vitamin D ₃ (as cholecalciferol)		1,600 IU	400%
Vitamin E (as total natural tocopherols)		300 mg	
as natural gamma tocopherol		200 mg	
as natural alpha tocopherol		120 IU (80 mg)	400%
as natural delta/beta tocopherol		20 mg	
Vitamin B ₁ (as thiamin hydrochloride)		25 mg	1667%
Vitamin B ₂ (as riboflavin)		25 mg	1471%
Niacin (as niacinamide/chromium nicotinate)		25 mg	125%
Vitamin B ₆ (as pyridoxine hydrochloride)		25 mg	1250%
Folic Acid		400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)		250 mcg	4167%
Biotin		500 mcg	167%
Pantothenic Acid (as calcium pantothenate)		25 mg	250%
Calcium (as ascorbate/citrate)		500 mg	50%
Magnesium (as magnesium oxide)		200 mg	50%
Zinc (as zinc citrate)		30 mg	200%
Selenium (as selenium-methionine complex)		200 mcg	286%
Copper (as copper citrate)		2 mg	100%
Manganese (as manganese citrate)		1 mg	50%
Chromium (as chromium nicotinate)		200 mcg	167%
Molybdenum (as molybdenum glycinate)		75 mcg	100%
Boron (as boron glycinate)		1,000 mcg	↑
Vanadium (as vanadyl sulfate)		50 mcg	↑
Lutein		2 mg (2,000 mcg)	↑
Lycopene		2 mg (2,000 mcg)	↑
Zeaxanthin		1 mg (1,000 mcg)	↑
Astaxanthin		500 mcg	↑
Branched Chain Amino Acid Complex (Leucine, Valine)		50 mg	↑
Silicon (as silicon dioxide)		10 mg	↑
Total Omega-3 Fatty Acids		1,000 mg	↑
Fish Oil (anchovy, mackerel, sardine, tuna)		1,430 mg	↑
Docosahexaenoic Acid (DHA) (Omega-3)		450 mg	
Eicosapentaenoic Acid (EPA) (Omega-3)		350 mg	
alpha-Linolenic Acid (Omega-3) (from flaxseed)		100 mg	
Other Omega-3 Fatty Acids		100 mg	
Proprietary Orange Essence (Extracted Oil)		42 mg	↑

Other Ingredients: Proprietary Protective B12 Matrix, Soft-gelatin capsule (Gelatin, purified water, glycerin); Gelatin capsule. * %DV are based on a 2,000 calorie diet. † DV not established.