

**SUGGESTED USE:** For best results and optimum absorption, consume the contents of one packet (8 capsules) with food – preferably a complete meal. Because this product is mild and non-acidic, you can consume all 8 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.

**UNSURPASSED.**

*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Founder of PROCAPS LABS

**QUESTIONS? RE-ORDER?**  
**CALL 800.800.1200**  
**WWW.PROCAPSLABS.COM**



YOURVITAMINS®

430 Parkinson Road • Henderson, NV 89011

©2012 PROCAPS LABORATORIES

603280-04P

# WOMEN'S LIFE Rx<sup>™</sup>

# ELITE

**HIGH POTENCY VITAMINS, MINERALS & ANTI-OXIDANTS**  
**COQ10 • EGCG • ALA • RESVERATROL • POMEGRANATE**  
**PLUS MAXIMUM ESSENTIAL OMEGA-3 • NO FISHY AFTERTASTE**

**ALL NATURAL • ULTRA-MILD • ADDITIVE-FREE**  
**GENTLE EVEN FOR SENSITIVE STOMACHS**



**60 Perma-Fresh Packets™ • 480 Easy-to-Swallow Capsules**

**Women's ELITE LIFE Rx plus OMEGA-3** is an ultra-high-potency member of Andrew Lessman's Life Rx family of multi-vitamin-mineral formulas, which are the only products of their kind containing *only* the nutrients listed on the label and *no binders, fillers, lubricants or other manufacturing additives of any kind*. **ELITE LIFE Rx** comes as an ultra-fine powder in small, easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs. **ELITE LIFE Rx** provides all the benefits you seek without the problems typically associated with a multi-vitamin.

**Women's ELITE LIFE Rx plus OMEGA-3** combines our new **Maximum Essential Omega-3** with the world's first "All Powder" multi-vitamin-mineral to deliver high levels of Gamma Vitamin E, along with more than 42 other nutrients, including high potencies of all essential vitamins, minerals, carotenoids, phytonutrients and anti-oxidants. **ELITE LIFE Rx** provides 1,600 IU of Vitamin D3, along with high levels of the full B-Complex, including 2,000 mcg of Biotin and 500 mcg of our protected Vitamin B-12, plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (4,000 mcg), Lycopene (4,000 mcg), as well as hard-to-find Zeaxanthin (2,000 mcg) and Astaxanthin (1,000 mcg). **Women's ELITE LIFE Rx** also delivers high levels of soluble forms of Calcium and Magnesium, along with 1,600 IU of Vitamin D3. Experts agree that the most protective form of Vitamin E is Gamma Tocopherol, yet virtually all multi-vitamins and Vitamin E formulas contain only the less protective Alpha Vitamin E. The presence of high levels of more protective Gamma Vitamin E makes **ELITE LIFE Rx** unique and now we do so in an ultra-mild **All Powder** formula.

**Women's ELITE LIFE Rx plus OMEGA-3** includes our new **Maximum Essential Omega-3**, which provides a unique blend of Omega-3 oils without mercury, PCBs and with no fishy aftertaste. Just as we require vitamins to live, the essential Omega-3 fatty acids are also required for life. The Omega-3s comprise our trillions of cell membranes and they are only available from a diet rich in cold water fish or with a supplement like **Maximum Essential Omega-3**. Diets rich in Omega-3s are associated with superior heart, nervous system and circulatory health. Sadly, the American diet lacks the Omega-3s required or recommended for good health. **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 discovering DHA's role in brain and eye function is an enormous breakthrough. A typical Omega-3 formula focuses on EPA rather than DHA, but **Maximum Essential Omega-3** targets the more important DHA, which is vital for the healthy function of the brain and eyes. In fact, the highest functioning areas of the brain contain ultra-high levels of DHA, including more than 30% of the "grey matter." Plus, the highest concentrations of DHA are also found in the macula of the retina of the eye. Fish oil supplements have long been praised for their benefits, but are equally well-known for their unpleasant aftertaste and contaminants; however, our **Maximum Essential Omega-3** allows you to enjoy all the benefits of fish oil without mercury, contaminants or fishy aftertaste.

**ELITE LIFE Rx** also provides 100 mg each of five vital ingredients: Coenzyme Q-10, Alpha Lipic Acid, Resveratrol, EGCG and Pomegranate.

**Coenzyme Q-10 (CoQ10) – 100 mg.** Generally the first ingredient added to any multi-vitamin, CoQ10 is critical for all cellular energy production while also a powerfully protective anti-oxidant. It must be present at high concentrations in our hardest working organs (heart, brain, liver and kidneys). Proper levels are required for our most vital organs to function at their best. CoQ10 levels decrease with age, stress, cholesterol-lowering drugs, poor diet and even physical activity.

**Alpha Lipic Acid (ALA) – 100 mg.** Because it is uniquely both water and fat soluble, ALA is called the "Universal Anti-Oxidant." This unique solubility allows it to go virtually anywhere in your body protecting hard-to-reach tissues (brain and liver) from oxidative damage. Even more important is its role in the creation of our body's most powerful internal anti-oxidant – Glutathione. Like CoQ10, our levels of ALA decline further with age, stress and the use of certain medications.

**Resveratrol – 100 mg.** Currently the subject of the most exciting anti-aging research and only recently available in an ultra-high potency natural form. Our 100 mg potency is the equivalent of more than 200 glasses of Red Wine. **Resveratrol** is the ingredient behind the benefits of Red Wine and a vital part of the healthy Mediterranean diet. **Resveratrol** offers powerful protection to the tissues of the heart, brain and breast; however, it is **Resveratrol**'s impact on the telomeres of our chromosomes that places it at the forefront of the latest anti-aging research.

**Epigallocatechin Gallate (EGCG) – 100 mg.** EGCG from Green Tea combines thousands of years of traditional use with decades of remarkably compelling research. EGCG enhances the activity of our body's most important internal anti-oxidants, including Glutathione. EGCG is also vital to our liver and therefore to our body's internal cleansing and detoxification systems, while also offering vital and powerful protection to the delicate tissues of our brain, heart, breast and skin.

**Pomegranate (40% Ellagic Acid/40% Punicalagins) – 100 mg.** Used for centuries as a folk remedy and referred to as the "sacred fruit," scientists have confirmed **Pomegranate**'s unique protective benefits. Unfortunately, most Pomegranate products, including juices, are not standardized to deliver any of its key beneficial compounds, whereas our **40:40 Complex** is standardized for both **Punicalagins** and **Ellagic Acid** assuring you all the benefits you seek from **Pomegranate** without the sugar and calories of Pomegranate Juice.

**Women's ELITE LIFE Rx plus OMEGA-3** delivers all the nutrients you seek *without* employing difficult to digest tablets and instead comes as an ultra-mild, pure, additive-free powder in small, easy-to-swallow capsules. The ultra-fine, non-acidic powder in each capsule effectively delivers its benefits while also being gentle even to the most sensitive stomach. Unlike typical one-pill-per-day multi-vitamins that can not deliver the levels a woman truly requires, **ELITE LIFE Rx** provides a comprehensive list of essential vitamins, minerals, carotenoids and phytonutrients at the potency levels respecting the scientific research and the needs of women.

This statement has 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 (8 Capsules) |
|------------------------------------------------------|----------------------------------------|------------------------------------|
| Amount Per Packet                                    |                                        | Servings Per Container 60          |
| <b>Calories 15</b>                                   | Calories from Fat 15                   | %DV*                               |
| <b>Total Fat 1.5 g (2%)</b>                          | <b>Cholesterol</b> less than 5 mg (1%) |                                    |
| Vitamin A (as alpha and beta carotene)               | 5,000 IU                               | 100%                               |
| Vitamin C (as calcium ascorbate/ascorbic palmitate)  | 1 g (1,000 mg)                         | 1667%                              |
| Vitamin D3 (as cholecalciferol)                      | 1,600 IU                               | 400%                               |
| Vitamin E (as 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 B1 (as thiamin hydrochloride)                | 25 mg                                  | 1667%                              |
| Vitamin B2 (as riboflavin)                           | 25 mg                                  | 1471%                              |
| Niacin (as niacinamide/chromium nicotinate)          | 25 mg                                  | 125%                               |
| Vitamin B6 (as pyridoxine hydrochloride)             | 25 mg                                  | 1250%                              |
| Folic Acid                                           | 400 mcg                                | 100%                               |
| Vitamin B12 (as cyanocobalamin)                      | 500 mcg                                | 8333%                              |
| Biotin                                               | 2,000 mcg                              | 667%                               |
| Pantothenic Acid (as calcium pantothenate)           | 25 mg                                  | 250%                               |
| Calcium (as ascorbate/carbonate/malate)              | 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                                 | ↑                                  |
| Silicon (as silicon dioxide)                         | 5 mg                                   | ↑                                  |
| Lutein                                               | 4 mg (4,000 mcg)                       | ↑                                  |
| Lycopene                                             | 4 mg (4,000 mcg)                       | ↑                                  |
| Zeaxanthin                                           | 2 mg (2,000 mcg)                       | ↑                                  |
| Astaxanthin                                          | 1 mg (1,000 mcg)                       | ↑                                  |
| Alpha Lipic Acid                                     | 100 mg                                 | ↑                                  |
| Coenzyme Q-10 (Natural Ubiquinone)                   | 100 mg                                 | ↑                                  |
| Epigallocatechin Gallate (EGCG)                      | 100 mg                                 | ↑                                  |
| (from standardized Green Tea Leaf Extract)           |                                        |                                    |
| Pomegranate, extract (fruit)                         | 100 mg                                 | ↑                                  |
| (standardized to 40% Punicalagins/40% Ellagic Acid)  |                                        |                                    |
| Resveratrol (from Polygonum cuspidatum root extract) | 100 mg                                 | ↑                                  |
| Branched Chain Amino Acids (Leucine, Valine)         | 50 mg                                  | ↑                                  |
| <b>Total Omega-3 Fatty Acids</b>                     | <b>1 g (1,000 mg)</b>                  | ↑                                  |
| <b>Fish Oil</b> (anchovy, mackerel, sardine, tuna)   | <b>1.4 g (1,430 mg)</b>                | ↑                                  |
| DHA-Docosahexaenoic Acid (Omega-3)                   | 450 mg                                 |                                    |
| EPA-Eicosapentaenoic Acid (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                                  | ↑                                  |

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