

**SUGGESTED USE** Consume the contents of one Perma-Fresh Purple Packet (4 capsules) daily or as recommended by a health care professional. For best results take this product with food, preferably a complete meal. **Bone and Body Factors** is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

**UNSURPASSED.**  
Purity. Quality. Integrity. Effectiveness.



*Andrew Lessman*  
Founder of ProCAPS LABS

**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200**  
**www.ProCAPSLABS.com**



**YOURVITAMINS®**  
430 Parkson Road  
Henderson, NV 89011

# BONE & BODY FACTORS™

**ALL THE BENEFITS OF WOMEN'S WELLNESS  
CALCIUM-MAGNESIUM INTENSIVE CARE AND MORE**



60 Perma-Fresh Packets™ • 240 Easy-to-Swallow Capsules

**Andrew Lessman's BONE AND BODY FACTORS** is designed to conveniently and economically offer women the combined benefits of our **Calcium-Magnesium Intensive Care, Women's Wellness** and more. The combination of "super soluble" forms of Calcium (500 mg) with Magnesium (250 mg), Vitamin D3 (1,000 IU), Vitamin C and Boron create our most comprehensive formula for achieving optimum skeletal maintenance, protection, support and growth. Calcium and Magnesium are two of the most abundant and vital minerals in your skeleton, but are lacking from the typical American diet, making supplementation a very important decision. Moreover, because Calcium can be so difficult to absorb – particularly as we get older – we provide special micro-granulated "super-soluble" forms of this critical building block for strong, healthy bones. We also include Vitamin D3, since it is absolutely essential for Calcium absorption, along with the trace mineral Boron, since it is required for skeletal tissue.

For thousands of years, Soy has long been a staple food in the healthy Asian diet and **Bone and Body Factors** delivers our highest levels – 70 mg of Soy Isoflavones, including Genistein and Daidzein with their well-established hormone-balancing benefits. These Isoflavones offer exceptional natural support throughout all stages of a woman's life, particularly with the challenging symptoms associated with the normal transitions of menopause, perimenopause and even PMS. Not only are these Isoflavones natural "phytoestrogens," but they also offer exceptional anti-oxidant benefits and further support to the skeleton. We also include high levels of standardized water-extracted Green Tea with its powerful anti-oxidant polyphenols and catechins, including EGCG (125 mg), the molecule primarily responsible for the myriad of health benefits associated with Green Tea, to support several body systems, including the heart, liver and delicate tissues of the breast. **Bone and Body Factors** also provides Sulforaphane and Indole-3-Carbinol, two beneficial natural components from cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc). Sulforaphane is thought to be principally responsible for the anti-oxidant and health benefits associated with broccoli, and Indole-3-Carbinol has been shown to support and maintain the health of the breast and may also help to maintain normal estrogen activity. **Bone and Body Factors** also provides our highly standardized concentrate of Cranberry to deliver powerful anti-oxidant and urinary tract support. In addition, we include the important carotenoids Lutein and Lycopene, which deliver powerful anti-oxidant benefits to certain vital organs, including the skin, eye and breast tissue. We also include high levels of Folic Acid and Vitamin B-12 to provide healthy support to a woman's energy, nervous, reproductive and circulatory systems. In short, **Bone and Body Factors** offers comprehensive, convenient and economical daily support for the most important tissues, organs and systems that affect the quality of a woman's experience and passage through life.

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, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, 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 (4 Capsules)                                                                 | Servings Per Container 60 |       |
|----------------------------------------------------------------------------------------------------|---------------------------|-------|
| Amount Per Packet                                                                                  |                           | %DV*  |
| Vitamin C (as calcium ascorbate/ascorbyl palmitate)                                                | 30 mg                     | 50%   |
| Vitamin D3 (as cholecalciferol)                                                                    | 1,000 IU                  | 250%  |
| Folic Acid                                                                                         | 100 mcg                   | 25%   |
| Vitamin B12 (as cyanocobalamin)                                                                    | 100 mcg                   | 1667% |
| Calcium (as calcium malate/carbonate/ascorbate)                                                    | 500 mg                    | 50%   |
| Magnesium (as magnesium oxide)                                                                     | 250 mg                    | 63%   |
| Soybean, extract (ultra-concentrate) standardized to 40% isoflavones                               | 175 mg                    | †     |
| Green Tea, extract (leaf) standardized to 98% polyphenols                                          | 250 mg                    | †     |
| Cranberry, extract (fruit) standardized to 35% fruit acids/0.5% proanthocyanidins/17:1 concentrate | 250 mg                    | †     |
| Broccoli, extract (sprout) standardized to 1.2% sulforaphane glucosinolates                        | 50 mg                     | †     |
| Indole-3-Carbinol                                                                                  | 75 mg                     | †     |
| Boron (as boron glycinate)                                                                         | 1.5 mg (1,500 mcg)        | †     |
| Lutein                                                                                             | 2 mg                      | †     |
| Lycopene                                                                                           | 1 mg                      | †     |
| Total EGCG per dose                                                                                | 125 mg                    | †     |
| Total Isoflavones per dose                                                                         | 70 mg                     | †     |
| Total Genistein per dose                                                                           | 33 mg                     | †     |
| Total Daidzein per dose                                                                            | 30 mg                     | †     |

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

Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.