SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. For best results take this product with food containing a small amount of fat or oil. This product is most effective as part of a healthy diet and active lifestyle. along with one of ANDREW LESSMAN'S multi-vitamin-mineral formulas. Of course, given its role in energy production, we always recommend our TruQ10 be taken with a high-potency B-Complex vitamin, including high levels of Vitamin B-12 that have been protected for oral absorption. For answers to questions about the use of this product call 800.800.1200.

QUESTIONS? RE-ORDERS? CALL 800.800.1200 www.PROCAPSLABS.com





430 Parkson Road • Henderson, NV 89011

SUGGESTED USE Consume one

or more capsules daily or as

recommended by a health care

professional. For best results

take this product with food, preferably a complete meal.

This product is most effective

as part of a healthy diet and active lifestyle, along with one of

ANDREW LESSMAN'S multi-vitaminmineral formulas. For answers to

questions about the use of this product call 800,800,1200.

UNSURPASSED.

Purity. Quality. Integrity. Effectiveness.

OUESTIONS? RE-ORDERS?

CALL 800.800.1200

www.PROCAPSLABS.com

604235 · 01F

©2013 PROCAPS LABORATORIES

TRUQ10-QH **UBIQUINOL-50**

50 MG ALL NATURAL COENZYME Q-10 **CELLULAR ENERGY AND PROTECTION**



240 Easy-to-Swallow Capsules

ALL-SOLAR

Andrew Lessman's TruO10-OH provides 50 mg of Ubiquinol (OH) or as we prefer to call it - Tru010. It is only subtly different from standard Co010 (Ubiquinone), but it is recognized as the "active" natural form of CoO10. For almost 30 years, Andrew Lessman has been the unquestioned leader in educating the world about the benefits of CoO10 and now, also as TruQ10. Both CoQ10 and TruQ10 are naturally found in their highest concentrations in our most vital organs (Heart, Brain, Liver, Kidneys and Pancreas). CoO10 and Tru010 must both be present in all cells at all times for energy to be produced and for life to exist. TruQ10 is considered the "active" form of CoQ10 because when CoQ10 goes to "work." it does so as TruQ10. In other words, by delivering TruQ10 directly, we may enhance the effectiveness of CoO10. Unfortunately, Tru010 is also extremely fragile requiring the creation of a special formulation to protect it from light and oxidation. Our unique Gamma Tocopherol-rich formula guarantees all the benefits of Tru010, along with those of hardto-find Gamma Tocopherol. To be alive, all cells require both Tru010 and Co010; and our unique Tru010 directly provides the benefits of Co010's most "active" form to our most vital organs. Tru010's enhanced activity becomes even more desirable and beneficial as we all experience the many factors that conspire to lower our body's CoO10 levels. including aging, health challenges, cholesterol-lowering statin drugs, as well as physical

or emotional stress. In short, Tru010 is an [essential part of any science-based antiaging or energy program.

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, corn, wheat, gluten, sodium, salt, sugar, cholesterol, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

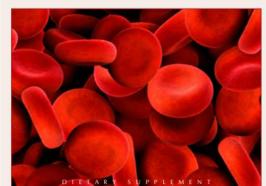
Supplement Facts Servings Per Container 240			
Amount Per Serving		%DV	
Vitamin E (Total Natural Tocopherols) as Natural Gamma Tocopherol 40 mg	45 mg	†	
Natural Ubiquinol (Activated CoQ10)	50 mg	<u>†</u>	
† Daily Value not established.			

Other Ingredients: Medium chain triglycerides, Soft-gelatin capsule (Gelatin, purified water, glycerin, natural caramel color (non-GMO)).

PROTECTED FOR OPTIMUM ABSORPTION

VITAMIN B12-100°

100 MCG VITAMIN B12 **HIGH POTENCY B-COMPLEX**



ALL-SOLAR

720 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12-100 delivers 100 mcg of natural B12 - the most important of all B vitamins to supplement. This importance stems from **B12**'s long list of critical functions and the fact that its large molecular size makes it the most difficult of all vitamins to absorb. Vitamin B12 is essential for all energy production and the creation of hemoglobin, without which oxygen cannot be transported. We also cannot metabolize carbohydrates or burn fat without **B12**. Even more important is B12's vital role in the synthesis of our genetic material and its requirement for normal cell growth and development. **B12** also supports heart health due to its ability to help metabolize homocysteine. and B12 is also essential to support healthy immune and nervous system function. B12's enormous molecular size makes it all but impossible to absorb from typical supplements, which are easily destroyed by stomach acid. It is also well-established further reduce Vitamin **B12**'s already poor absorption.

Our unique Vitamin **B12** is protected from stomach acid and releases its contents in the small intestine where it is absorbed making it the only intelligent and effective way to orally deliver B12's benefits. Given all the critical functions of Vitamin **B12**, along with its extremely poor absorption from food and ordinary supplements, we should all carefully consider a plan to intelligently supplement. Best of all, our Vitamin B12-100 is a pleasure to use, since it comes in a small, soft, easy-to-swallow capsule that is gentle even to the most sensitive stomachs.

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, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol color, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

I that stress, aging and diges	tive issu	es only		
Supplement Facts Serving Size 1 Capsule Servings Per Container 720				
Amount Per Serving	ilgs Per Collt	%DV*		
Vitamin C (as calcium ascorbate)	60 mg	100%		
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%		
Vitamin B2 (as riboflavin)	5 mg	294%		
Niacin (as niacinamide)	5 mg	25%		
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%		
Folic Acid	25 mcg	6%		
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%		
Biotin	50 mcg	17%		
Pantothenic Acid (as calcium pantothena	ite) 5 mg	50%		
Calcium (as calcium carbonate/ascorbate)	60 mg	6%		
Magnesium (as magnesium oxide)	30 mg	8%		
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.				

Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix

430 Parkson Road • Henderson, NV 89011