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

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430 Parkson Road • Henderson, NV 89011

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TruQ10®-QH Ubiquinol-50

50 mg All Natural Coenzyme Q-10
Cellular Energy and Protection

ProCaps Laboratories · All-Solar Manufacturing

240 Easy-to-Swallow Capsules

Andrew Lessman's TruQ10-QH provides 50 mg of Ubiquinol (QH) or as we prefer to call it – **TruQ10**. It is only subtly different from standard CoQ10 (Ubiquinone), but it is recognized as the "active" natural form of CoQ10. For almost 30 years, **Andrew Lessman** has been the unquestioned leader in educating the world about the benefits of CoQ10 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). CoQ10 and **TruQ10** 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 CoQ10. Unfortunately, **TruQ10** 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 **TruQ10**, along with those of hard-to-find **Gamma Tocopherol**. To be alive, all cells require both **TruQ10** and CoQ10; and our unique **TruQ10** directly provides the benefits of CoQ10's most "active" form to our most vital organs. **TruQ10's** enhanced activity becomes even more desirable and beneficial as we all experience the many factors that conspire to lower our body's CoQ10 levels, including aging, health challenges, cholesterol-lowering statin drugs, as well as physical or emotional stress. In short, **TruQ10** is an essential part of any science-based anti-aging 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

Serving Size 1 Softgel — Servings Per Container 240		
Amount Per Serving		**%DV**
Vitamin E (Total Natural Tocopherols) as Natural Gamma Tocopherol	45 mg (40 mg)	†
Natural Ubiquinol (Activated CoQ10)	**50 mg**	†

† Daily Value not established.

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

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-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

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PROTECTED FOR OPTIMUM ABSORPTION

Vitamin B12-100™

100 mcg Vitamin B12
High Potency B-Complex

ProCaps Laboratories · All-Solar Manufacturing

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 that stress, aging and digestive issues only 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.

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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.

Supplement Facts

Serving Size 1 Capsule — Servings Per Container 720		
Amount Per Serving		**%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 pantothenate)	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.