

SUGGESTED USE Consume three capsules daily – preferably with food containing a small amount of fat. You can increase or decrease your intake based upon your needs and as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% SOLAR PRODUCTION ZERO-CARBON FOOTPRINT

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QUESTIONS? REORDERS?

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607580-10M



ANDREW LESSMAN

PROCAPS LABORATORIES



ANDREW'S FIVE FAVORITES™

CONTAINS 200 MG OF

**CoEnzyme Q-10 | Alpha Lipoic Acid
Resveratrol | EGCG | Pomegranate**



Dietary Supplement | **240** Easy-to-Swallow Capsules

ANDREW'S FIVE FAVORITES is Andrew Lessman's blend of his favorite ingredients to consume with his daily multivitamin. It starts with the unequalled protection of natural **CoQ10**, which is essential for all energy production and provides powerful anti-aging and anti-oxidant protection. **CoQ10** is essential for the healthy function of all of our critical organs. Next is **Alpha Lipoic Acid (ALA)** - the "Universal Anti-Oxidant" because it uniquely protects both water or lipid-based tissues delivering its benefits wherever they are needed. We also include **EGCG** from Green Tea and **Resveratrol** from Red Wine. **EGCG** is credited with the health benefits of Green Tea and the Asian diet, while **Resveratrol** receives the same credit for Red Wine and the Mediterranean diet. Lastly, we include **Pomegranate** because of its unique complement of protective polyphenols. **Andrew's Five Favorites** is a unique combination of protective ingredients that, after over 40 years of creating vitamins, Andrew feels deserve special consideration in your daily vitamin regimen.

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 ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 3 Capsules Servings Per Container 80

Amount Per Serving		%DV*
Vitamin C (as Ca ascorbate/palmitate)	120 mg	133%
Vitamin B12 (as methylcobalamin)	50 mcg	2,083%
Coenzyme Q-10 (natural ubiquinone)	200 mg	†
Alpha Lipoic Acid	200 mg	†
Green Tea, extract (leaf)	400 mg	†
standardized to 98% polyphenols Epigallocatechin Gallate	200 mg	
Resveratrol (from Polygonum cuspidatum (root) extract)	200 mg	†
Pomegranate Blend , extract (fruit) standardized to 40% punicalagins/40% ellagic acid	200 mg	†

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

Other Ingredients: Gelatin capsule, Proprietary Protected Coenzyme B12. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.