



ANDREW LESSMAN

PROCAPS
LABORATORIES



MEN'S ELITE 100™

with Maximum Essential Omega-3 1000 mg

HIGH POTENCY VITAMINS | MINERALS | CAROTENOIDS | OMEGA-3s

100 mg Coenzyme Q-10 | 100 mg Alpha Lipoic Acid | 100 mg Resveratrol

100 mg EGCG | 100 mg Pomegranate | 100 mg Citrus Bioflavonoids

6,000 mcg Lutein | 6,000 mcg Lycopene | 3,000 mcg Zeaxanthin

Uniquely Pure | Additive-Free | No Stomach Upset | No Fishy Aftertaste



Dietary Supplement | 60 Perma-Fresh Packets™ | 480 Easy-to-Swallow Capsules

MEN'S ELITE 100 with Maximum Essential Omega-3

Elite 100 is an ultra-high-potency multi-vitamin-mineral-carotenoid formula with the added benefits of botanicals, nutraceuticals and our **Maximum Essential Omega-3**. **Elite 100** is uniquely pure and contains only the nutrients you desire without the additives of all other multivitamins. **Elite 100** comes in small, easy-to-swallow capsules guaranteed gentle to even sensitive stomachs and free of any fishy aftertaste. **Elite 100** provides all the benefits you seek without any of the unpleasant problems associated with the use of other multivitamins.

Elite 100 contains 2,000 IU of Vitamin D3, plus high levels of all B-Complex vitamins, including 2,000 mcg of Biotin (the beauty vitamin), 250 mcg of our absorption-protected methylcobalamin (natural vitamin B12), along with 600 mcg of our unique 5-MTHF (methyl folate) in place of ordinary and less active folic acid. We also provide 1,000 mg of non-acidic Vitamin C, 400 IU of natural vitamin E, as well as high levels of the key protective carotenoids typically absent from multivitamins, including Lutein (6,000 mcg), Lycopene (6,000 mcg) and Zeaxanthin (3,000 mcg). In short, **Elite 100** provides the nutrients you require at levels and forms that respect both you and the science.

Maximum Essential Omega-3 contains our unique blend of Omega-3s in their natural triglyceride form from fish oil, but with no fishy aftertaste, no stomach upset, no heavy metals and no contaminants. Omega-3s are a sensible addition to a multivitamin, since like vitamins and minerals, they cannot be made by the body and are sadly lacking from the American diet. The heart health benefits of Omega 3s are long established, but DHA's additional role as a primary structural component in the eye and brain makes it the most important of the Omega-3s. Accordingly, unlike typical Omega-3s, we focus on DHA and its benefits for heart, brain and eye health. Fish oil is also well known for its unpleasant aftertaste and our unique formula eliminates any fishy aftertaste providing the benefits you seek without any unpleasant problems.

The **"100"** in **Elite 100** refers to the 100 mg of six vital ingredients: **Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, EGCG, Pomegranate and Bioflavonoids**.

Coenzyme Q-10 (CoQ10) - 100 mg. CoQ10 is a powerful protective compound required for all energy production. It is required at high concentrations in key organs (heart, brain, liver and kidneys) to ensure optimum function. Despite its importance, CoQ10 levels decrease with age, stress, medications, poor diet and even physical activity making supplementation essential.

Alpha Lipoic Acid (ALA) - 100 mg. Referred to as the *Universal Anti-Oxidant*, because it is both water and fat soluble. This allows ALA to protect even hard-to-reach tissues like the brain. ALA promotes the creation of Glutathione, the body's most powerful protective compound. Like CoQ10, ALA declines with age, stress, medications and more making supplementation important.

Resveratrol - 100 mg. Resveratrol has long been the focus of extensive anti-aging research. It is among the most powerful protective compounds and associated with the extensive benefits of the Mediterranean diet.

Epigallocatechin Gallate (EGCG) - 100 mg. EGCG from Green Tea is a powerful protective compound that combines centuries of traditional use with decades of compelling anti-aging and wellness-based research.

Pomegranate (40% Ellagic Acid and Punicalagins) - 100 mg. Pomegranate has long been referred to as *sacred fruit*. Unlike pomegranate juice, our formula is standardized to deliver its beneficial compounds without sugar and calories.

Citrus Bioflavonoids - 100 mg. Citrus Bioflavonoids, including Hesperidin and Rutin, are powerful protective compounds concentrated in citrus fruit and other healthy plants. They support healthy circulation and enhance the benefits of Vitamin C.

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.



THE PERFECT PACKET: The Perma-Fresh Purple Packet. The only Packet worthy of our Exceptional 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 the potency of your vitamins. For decades, our **Foil Packets** set the standard for protection and today, our **Perma-Fresh Purple Packet** takes that protection to the next level, giving your vitamins the special protection they deserve.

SUGGESTED USE Consume the contents of one packet daily with food – preferably a complete meal. You can consume your daily supply at one time with a single meal or divide it to be taken with food throughout the day. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

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Andrew Lessman

Andrew Lessman, Founder

QUESTIONS? REORDERS?
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Supplement Facts

Amount Per Packet	%DV*	Serving Size 1 Packet (6 Powder Capsules/2 Liquid Softgels)	Servings Per Container 60
Calories 10		Amount Per Packet	%DV*
Total Fat 1.5 g	2%	Boron (as glycinate/potassium borate)	300 mcg †
Cholesterol 5 mg	2%	Vanadium (as vanadyl sulfate)	50 mcg †
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)	Silicon (as silicon dioxide)	10 mg †
Vitamin C (as Ca and Mg Ascorbate/Palmitate)	1,000 mg	Lutein	6 mg (6,000 mcg) †
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	Lycopene	6 mg (6,000 mcg) †
Vitamin E (as natural d-alpha tocopheryl succinate)	268 mg (400 IU)	Zeaxanthin Complex	3 mg (3,000 mcg) †
Vitamin B1 (as thiamin hydrochloride)	25 mg	Alpha Lipoic Acid	100 mg †
Vitamin B2 (as riboflavin)	25 mg	Coenzyme Q-10 (natural ubiquinone)	100 mg †
Niacin (as niacinamide/chromium nicotinate)	25 mg	Green Tea, extract (leaf) standardized to 98% polyphenols	200 mg †
Pantothenic Acid (as calcium pantothenate)	25 mg	Epigallocatechin Gallate	100 mg
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	Pomegranate Blend, extract (fruit)	100 mg †
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	standardized to 40% punicalagins and ellagic acid	
Folate (as L-5-Methyltetrahydrofolate)	600 mcg DFE	Resveratrol (from Polygonum cuspidatum (root) extract)	100 mg †
Biotin	2,000 mcg	Citrus Bioflavonoid Complex, (fruit) 80% bioflavonoids	100 mg †
Calcium (as ascorbate/malate/carbonate)	200 mg	Branched Chain Amino Acid Complex (as leucine/valine)	50 mg †
Magnesium (as ascorbate/oxide)	100 mg	Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	1,210 mg †
Zinc (as zinc citrate/oxide)	30 mg	Total Omega-3 Fatty Acids	>1000 mg
Selenium (as selenium-methionine complex)	200 mcg	DHA-Docosahexaenoic Acid	500 mg
Copper (as copper citrate/oxide)	2 mg	EPA-Eicosapentaenoic Acid	350 mg
Manganese (as manganese sulfate)	2.3 mg	DPA-Docosapentaenoic Acid	50 mg
Chromium (as chromium nicotinate)	200 mcg	ALA - Alpha-Linolenic Acid (from Ahiflower® oil)	70-80 mg †
Molybdenum (as molybdenum glycinate)	75 mcg	SDA - Stearidonic Acid (from Ahiflower® oil)	30-35 mg †
		Other Omega-3 Fatty Acids	50 mg

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

Ahiflower® (*Buglossoides arvensis* seed oil) is a registered trademark of Technology Crops, LLC.

Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix, Proprietary Orange Essence (Extracted Oil). **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, sweetener, preservative or genetically modified (GMO) ingredients.

CONTAINS NO ADDITIVES OF ANY KIND