



ANDREW LESSMAN

PROCAPS  
LABORATORIES



# MEN'S FOUNDER'S

VITAMINS | MINERALS | CAROTENOIDS  
PHYTONUTRIENTS | NUTRACEUTICALS

500 mg Coenzyme Q-10 | 500 mg Alpha Lipoic Acid | 200 mg Resveratrol  
200 mg EGCG | 200 mg Pomegranate | 200 mg Citrus Bioflavonoids  
12,000 mcg Lutein | 12,000 mcg Lycopene | 6,000 mcg Zeaxanthin  
Uniquely Pure | Additive-Free | Small Capsules | No Stomach Upset



Dietary Supplement | 60 Perma-Fresh Packets™ | 600 Easy-to-Swallow Capsules

## MEN'S FOUNDER'S

**Andrew Lessman's FOUNDER'S** formula is the most comprehensive and the highest potency member of our entire family of multi-vitamin-mineral formulas. Like all our multivitamins, our **Founder's** is 100% pure and contains no additives of any kind. In short, it provides only the nutrients you desire with *no binders, fillers, colors, flavors or additives of any kind*. It comes as an ultra-fine powder in small, easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs. It provides all the benefits you seek without any of the problems normally associated with multivitamins.

**Our FOUNDER'S** formula delivers more than 40 nutrients, including high potencies of all essential vitamins, minerals, carotenoids, phytonutrients and nutraceuticals. It is both the purest and most comprehensive multivitamin, yet also the most mild and gentle. It provides 2000 IU of all-important Vitamin D3, along with high levels of the B-Complex, including 2,000 mcg of Biotin (the beauty vitamin) and 500 mcg of our absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), along with 1,000 mcg of our naturally more active Folic Acid as 5-MTHF (5-methyltetrahydrofolate). We also include 1,000 mg of non-acidic Vitamin C, along with high levels of the powerful, targeted protection afforded by key carotenoids, including Lutein (12,000 mcg), Lycopene (12,000 mcg) and Zeaxanthin (6,000 mcg). **Founder's** also utilizes natural Vitamin E whereas most leading multivitamins do not. **FOUNDER'S** also includes Andrew's personal, concentrated balance of six vital ingredients, including **Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, Green Tea EGCG, Pomegranate and Citrus Bioflavonoids**. Details regarding each of these powerfully protective ingredients follows:

**Coenzyme Q-10 (CoQ10) – 500 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) – 500 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 – 200 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) – 200 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) – 200 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 – 200 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.

**Our FOUNDER'S** formula also delivers high levels of phytonutrients and protective compounds from nine other established natural ingredients, including extracts of **Bilberry, Blueberry, Curcumin, Broccoli, Wasabi, Mustard Seed, Pine Bark, Grape Seed and Apple**. Each of these standardized extracts of long-respected natural ingredients has been the subject of extensive scientific inquiry validating their benefits and importance to any comprehensive health and anti-aging regimen.

**Our FOUNDER'S** formula delivers the nutrition you seek without hard-to-swallow and difficult-to-digest tablets. We use only easy-to-swallow capsules containing pure, ultra-fine, additive-free powders to ensure a perfect experience with no stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **Founder's** provides the most comprehensive list of vitamins, minerals, carotenoids, phytonutrients and nutraceuticals at levels that respect both you and the scientific literature.

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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608213-07P

Manufactured by ProCaps Labs, Henderson, NV 89011

### Supplement Facts

| Amount Per Packet                                         | %DV*                       |
|-----------------------------------------------------------|----------------------------|
| Vitamin A (as natural beta carotene)                      | 300 mcg RAE (1,000 IU) 33% |
| Vitamin C (as Ca and Mg Ascorbate/Palmitate)              | 1,000 mg 1,111%            |
| Vitamin D3 (as cholecalciferol)                           | 50 mcg (2,000 IU) 250%     |
| Vitamin E (as natural d-alpha tocopheryl succinate)       | 268 mg (400 IU) 1,787%     |
| Vitamin B1 (as thiamin hydrochloride)                     | 25 mg 2,083%               |
| Vitamin B2 (as riboflavin)                                | 25 mg 1,923%               |
| Niacin (as niacinamide/chromium nicotinate)               | 25 mg 156%                 |
| Pantothenic Acid (as calcium pantothenate)                | 25 mg 500%                 |
| Vitamin B6 (as pyridoxine hydrochloride)                  | 25 mg 1,471%               |
| Vitamin B12 (as methylcobalamin - protected Coenzyme B12) | 500 mcg 20,833%            |
| Folate (as L-5-Methyltetrahydrofolate)                    | 1,000 mcg DFE 250%         |
| Biotin                                                    | 2,000 mcg 6,667%           |
| Calcium (as ascorbate/malate/carbonate)                   | 200 mg 15%                 |
| Magnesium (as ascorbate/oxide)                            | 100 mg 24%                 |
| Zinc (as zinc citrate/oxide)                              | 30 mg 273%                 |
| Selenium (as selenium-methionine complex)                 | 200 mcg 364%               |
| Copper (as copper citrate/oxide)                          | 2 mg 222%                  |
| Manganese (as manganese sulfate)                          | 2.3 mg 100%                |
| Chromium (as chromium nicotinate)                         | 200 mcg 571%               |
| Molybdenum (as molybdenum glycinate)                      | 75 mcg 167%                |
| Boron (as glycinate/potassium borate)                     | 300 mcg †                  |
| Vanadium (as vanadyl sulfate)                             | 50 mcg †                   |

| Amount Per Packet                                                                | %DV*                 |
|----------------------------------------------------------------------------------|----------------------|
| Lutein                                                                           | 12 mg (12,000 mcg) † |
| Lycopene                                                                         | 12 mg (12,000 mcg) † |
| Zeaxanthin Complex                                                               | 6 mg (6,000 mcg) †   |
| Alpha Lipoic Acid                                                                | 500 mg †             |
| Coenzyme Q-10 (Natural Ubiquinone)                                               | 500 mg †             |
| Green Tea, extract (leaf), standardized to 98% polyphenols                       | 400 mg †             |
| Epigallocatechin Gallate                                                         | 200 mg               |
| Pomegranate Blend, extract (fruit), 40% punicalagins and ellagic acid            | 200 mg †             |
| Resveratrol (from Polygonum cuspidatum root) extract                             | 200 mg †             |
| Citrus Bioflavonoid Complex, (fruit), standardized to 80% bioflavonoids          | 200 mg †             |
| Bilberry Blend, extract (fruit), standardized to 10%/25% anthocyanins            | 200 mg †             |
| Blueberry, extract (fruit), standardized to 12% anthocyanins                     | 50 mg †              |
| Apple, extract (fruit), standardized to 75% polyphenols                          | 50 mg †              |
| Broccoli, extract (sprout/seed), standardized to 1.2% sulforaphane glucosinolate | 50 mg †              |
| Pine Bark, extract (bark), standardized to 95% proanthocyanidins/75% polyphenols | 50 mg †              |
| Grape Seed, extract (seed), standardized to 80% polyphenols                      | 50 mg †              |
| Wasabi, extract (root), standardized to 0.75% glucosinolates                     | 50 mg †              |
| Mustard Seed, extract (seed), standardized to 10% glucosinolates                 | 50 mg †              |
| Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)   | 50 mg †              |
| Branched Chain Amino Acid Complex (as leucine/valine)                            | 50 mg †              |

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

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergens, color, flavor, sweetener, preservative or genetically modified (GMO) ingredients.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**