



ANDREW LESSMAN

PROCAPS
LABORATORIES



WOMEN'S ELITE 200™

VITAMINS | MINERALS | CAROTENOIDS
PHYTONUTRIENTS | NUTRACEUTICALS

200 mg Coenzyme Q-10 | 200 mg Alpha Lipoic Acid | 200 mg Resveratrol
200 mg EGCG | 200 mg Pomegranate | 200 mg Citrus Bioflavonoids
9,000 mcg Lutein | 9,000 mcg Lycopene | 4,500 mcg Zeaxanthin
Uniquely Pure | Additive-Free | Small Capsules | No Stomach Upset



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

WOMEN'S ELITE 200

Elite 200 is an ultra-high-potency multi-vitamin-mineral-carotenoid formula with the added benefits of botanicals and nutraceuticals. **Elite 200** is uniquely pure and contains only the nutrients you desire without the additives of all other multivitamins. **Elite 200** comes in small, easy-to-swallow capsules guaranteed gentle to even sensitive stomachs. **Elite 200** provides all the benefits you seek without any of the unpleasant problems associated with the use of other multivitamins.

Elite 200 contains 2,000 IU of Vitamin D3, plus high levels of all B-Complex vitamins, including 2,000 mcg of Biotin (the beauty vitamin), 500 mcg of our absorption-protected methylcobalamin (natural vitamin B12), along with 800 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 (9,000 mcg), Lycopene (9,000 mcg) and Zeaxanthin (4,500 mcg). In short, **Elite 200** provides the nutrients you require at levels and forms that respect both you and the science.

The "200" in **Elite 200** refers to the 200 mg of six vital ingredients: **Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, EGCG, Pomegranate and Citrus Bioflavonoids**. Details regarding each of these powerfully protective ingredients follows:

Coenzyme Q-10 (CoQ10) – 200 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) – 200 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 ELITE 200 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 ELITE 200 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, **Elite 200** 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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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)	800 mcg DFE	200%
Biotin	2,000 mcg	6,667%
Calcium (as ascorbate/malate/carbonate)	400 mg	31%
Magnesium (as ascorbate/oxide)	200 mg	48%
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)	1,000 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†

Amount Per Packet	%DV*
Lutein	9 mg (9,000 mcg) †
Lycopene	9 mg (9,000 mcg) †
Zeaxanthin Complex	4.5 mg (4,500 mcg) †
Alpha Lipoic Acid	200 mg †
Coenzyme Q-10 (Natural Ubiquinone)	200 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	100 mg †
Blueberry, extract (fruit), standardized to 12% anthocyanins	25 mg †
Apple, extract (fruit), standardized to 75% polyphenols	25 mg †
Broccoli, extract (sprout/seed), standardized to 1.2% sulforaphane glucosinolate	25 mg †
Pine Bark, extract (bark), standardized to 95% proanthocyanidins/75% polyphenols	25 mg †
Grape Seed, extract (seed), standardized to 80% polyphenols	25 mg †
Wasabi, extract (root), standardized to 0.75% glucosinolates	25 mg †
Mustard Seed, extract (seed), standardized to 10% glucosinolates	25 mg †
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	25 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

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Manufactured by ProCaps Labs, Henderson, NV 89011