

# MEN'S COMPLETE

**COMPLETE** is the foundational member of Andrew Lessman's family of multi-vitamin-mineral formulas. **COMPLETE** is 100% pure and contains only the nutrients you desire with no binders, fillers or additives of any kind. **COMPLETE** 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 from a multi-vitamin without any of the problems normally associated with their use.

**COMPLETE DELIVERS MORE THAN 30 NUTRIENTS, INCLUDING HIGH POTENCIES OF ALL ESSENTIAL VITAMINS, MINERALS AND CAROTENOIDS.**

**COMPLETE** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 50 mcg (2,000 IU) of Vitamin D3, along with high levels of all the B-Complex vitamins, including 2,000 mcg of Biotin and 250 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (3,000 mcg), Lycopene (3,000 mcg) and our unique Zeaxanthin Complex (1,500 mcg). Additionally, **COMPLETE** provides 268 mg (400 IU) of natural Vitamin E.

**COMPLETE DELIVERS THE NUTRIENTS YOU SEEK WITHOUT EMPLOYING IMPOSSIBLE TO SWALLOW AND DIFFICULT TO DIGEST TABLETS.**

Instead, we use only easy-to-swallow capsules containing ultra-fine, non-acidic powders to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **COMPLETE** provides a comprehensive list of vitamins, minerals and carotenoids 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 Perma-Fresh Packet.

To retain potency, vitamins must be protected from light, moisture and oxygen. Sadly, ordinary packeting materials do not effectively do so. Our unique Perma-Fresh Packet is constructed from multiple layers of specialized materials to safeguard the potency of your vitamins and provide the protection they, and you, deserve.

For over 40 years, ProCaps Laboratories have been producing exceptionally pure and effective products to meet the uncompromising standards of health-conscious individuals and medical professionals. ProCaps is one of very few companies that actually make their own products and do so in their own US-based, 100% solar-powered facility. The ProCaps facility is among the world's largest private solar installations, possessing zero carbon footprint, which makes ProCaps products perfect for both you *and* the planet.

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**  
100% SOLAR PRODUCTION · ZERO-CARBON FOOTPRINT



**QUESTIONS? REORDERS? 800.800.1200 PROCAPS.COM**

Manufactured by ProCaps Labs, Henderson, NV 89011

**PROCAPS**  
The Informed Choice. Since 1979.

# MEN'S COMPLETE™

**HIGH POTENCY VITAMINS  
MINERALS · CAROTENOIDS**

**Uniquely Pure · Additive-Free  
Small Capsules · No Stomach Upset**

**2,000 IU Vitamin D · 2,000 mcg Biotin  
250 mcg Methyl B12 · 3,000 mcg Lutein  
3,000 mcg Lycopene · 1,500 mcg Zeaxanthin**



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

**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 800.800.1200.**

## Supplement Facts

**Serving Size 1 Packet (4 Powder Capsules)  
Servings Per Container 60**

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) 250 mcg	10,417%
Folate (as L-5-Methyltetrahydrofolate) 400 mcg DFE	100%
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	†
Silicon (as silicon dioxide) 10 mg	†
Lutein 3 mg (3,000 mcg)	†
Lycopene 3 mg (3,000 mcg)	†
Zeaxanthin Complex 1.5 mg (1,500 mcg)	†
Branched Chain Amino Acid Complex (as leucine/valine) 50 mg	†

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, 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**