

MEN'S ELITE 100
with Maximum Essential Omega-3 500 mg

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), pyridoxal 5'-phosphate form of B6, 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.

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.

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.

Alpha Lipoic Acid (ALA) – 100 mg Referred to as the *Universal Antioxidant*, 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.

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.

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.



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

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PROCAPS
The Informed Choice. Since 1979.

MEN'S ELITE 100
with Maximum Essential Omega-3 500 mg

HIGH POTENCY VITAMINS
MINERALS · CAROTENOIDS · OMEGA-3s

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

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



30 PERMA-FRESH
PACKETS™

Dietary Supplement
210 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 (6 Powder Capsules/1 Liquid Softgels)
Servings Per Container 30

Amount Per Packet	% DV*
Calories < 5	
Total Fat < 1 g	1%
Cholesterol < 5 mg	1%
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 pyridoxal 5'-phosphate)	25 mg 1,471%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg 10,417%
Folate (as L-5-methyltetrahydrofolate)	600 mcg DFE 150%
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)	30 mg 273%
Selenium (as sodium selenite)	200 mcg 364%
Copper (as copper citrate)	2 mg 222%
Manganese (as manganese citrate)	2.3 mg 100%
Chromium (as chromium nicotinate)	200 mcg 571%
Molybdenum (as molybdenum glycinate)	75 mcg 167%
Boron (as boron glycinate)	300 mcg †
Vanadium (as vanadyl sulfate)	50 mcg †
Silicon (as silicon dioxide)	10 mg †
Lutein	6 mg (6,000 mcg) †
Lycopene	6 mg (6,000 mcg) †
Zeaxanthin Complex	3 mg (3,000 mcg) †
Alpha Lipoic Acid	100 mg †
Coenzyme Q-10 (natural ubiquinone)	100 mg †
Green Tea, extract (leaf) standardized to 98% polyphenols	200 mg †
Epigallocatechin Gallate 100mg	
Pomegranate Blend, extract (fruit) standardized to 40% punicalagins and ellagic acid	100 mg †
Resveratrol (from Polygonum cuspidatum (root) extract)	100 mg †
Citrus Bioflavonoid Complex, (fruit) 80% bioflavonoids	100 mg †
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg †
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	605 mg †
Total Omega-3 Fatty Acids	>500 mg
DHA - Docosahexaenoic Acid	250 mg
EPA - Eicosapentaenoic Acid	175 mg
DPA - Docosapentaenoic Acid	25 mg
ALA - Alpha-Linolenic Acid (from Ahiflower® oil)	35-40 mg †
SDA - Stearidonic Acid (from Ahiflower® oil)	15-18 mg †
Other Omega-3 Fatty Acids	25 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: Natural plant cellulose vegetarian 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