

# WOMEN'S COMPLETE

with **Maximum Essential Omega-3 1,000 mg**

**COMPLETE with Maximum Essential Omega-3** is the foundational member of Andrew Lessman's family of multi-vitamin-mineral formulas with, as its name describes, the added benefits of our unique omega-3 oils. **COMPLETE with Maximum Essential Omega-3** is 100% pure and contains only the nutrients you desire with no binders, fillers or additives of any kind. **COMPLETE with Maximum Essential Omega-3** 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 WITH MAXIMUM ESSENTIAL OMEGA-3 DELIVERS MORE THAN 30 NUTRIENTS, INCLUDING HIGH POTENCIES OF ALL ESSENTIAL VITAMINS, MINERALS, CAROTENOIDS AND OMEGA-3 OILS.**

**COMPLETE with Maximum Essential Omega-3** 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 with Maximum Essential Omega-3** provides 268 mg (400 IU) of natural Vitamin E.

**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 DHAs 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.

**COMPLETE WITH MAXIMUM ESSENTIAL OMEGA-3 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 with Maximum Essential Omega-3** provides a comprehensive list of vitamins, minerals, carotenoids and omega-3 oils 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 packaging 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



The Informed Choice. Since 1979.

# WOMEN'S COMPLETE™

with **Maximum Essential Omega-3 1,000 mg**

**HIGH POTENCY VITAMINS  
MINERALS · CAROTENOIDS · OMEGA-3s**

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

**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  
**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 (5 Powder Capsules/2 Liquid Softgels)**  
**Servings Per Container 30**

Amount Per Packet		% DV*
<b>Calories 10</b>		
<b>Total Fat 1.5 g</b>		<b>2%</b>
<b>Cholesterol 5 mg</b>		<b>2%</b>
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)	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	†
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	†
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	1,210 mg	†
Total Omega-3 Fatty Acids	>1000 mg	
DHA - Docosahexaenoic Acid	500 mg	
EPA - Eicosapentaenoic Acid	350 mg	
DPA - Docosapentaenoic Acid	50 mg	
ALA - Alpha-Linolenic Acid (from Ahiflower® oil)	70 - 80 mg	†
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: 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**