

SUGGESTED USE For best results and optimum absorption, consume the contents of one packet (5 capsules) with food – preferably a complete meal. Because this product is mild and non-acidic, you can consume all five identical capsules at one time with a meal or simply divide them throughout the day with food. **For answers to questions about the use of this product call 800.808.7311.**

PROCAPS LABORATORIES

THE ONLY CHOICE OF PROFESSIONALS.

In 1979, Andrew Lessman founded a nutritional supplement manufacturing company committed to creating the world's only additive-free supplements to meet the exacting standards of medical, fitness and athletic professionals. More than 30 years later, **PROCAPS LABORATORIES** continues as the only alternative to the marginal quality and the additives typical of ordinary products. Today, we are proud to offer you the same products that have long been viewed as the only choice of informed professionals.

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Andrew Lessman
Founder of ProCaps Labs

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MEN'S COMPLETE

HIGH POTENCY VITAMINS, MINERALS and ANTI-OXIDANTS

ALL NATURAL • 100% PURE • ADDITIVE-FREE
GENTLE EVEN FOR SENSITIVE STOMACHS



Men's COMPLETE is the original, and now, the most advanced member of **Andrew Lessman's Complete** family of formulas, which are the world's only 100% pure multi-vitamin-mineral supplements containing only the nutrients listed on the label and no binders, fillers, lubricants or other manufacturing additives. **COMPLETE** comes as an ultra-fine powder in small, soft, easy-to-swallow capsules that, despite their high potency, are guaranteed to be gentle even to the most sensitive stomach. **COMPLETE** is designed to provide all the benefits you seek from a multi-vitamin without any of the problems commonly associated with their use.

Men's COMPLETE is the world's first "All Powder" multi-vitamin-mineral to deliver high levels of Gamma Vitamin E, along with more than 35 nutrients, including high potencies of all essential vitamins, minerals and anti-oxidants. By creating an All Powder formula, now **Men's COMPLETE** becomes the mildest high potency formula possible. It now provides 1,600 IU of Vitamin D₃, along with high levels of all the B-Complex vitamins, including 500 mcg of Biotin and 250 mcg of our Specially protected Vitamin B-12, plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (1,000 mcg), Lycopene (1,000 mcg) and hard-to-find Zeaxanthin (500 mcg). Unlike many men's formulas, we do not ignore the requirements of a man's skeleton, so **Men's COMPLETE** also delivers high levels of super soluble forms of Calcium and Magnesium, along with 1,600 IU of Vitamin D₃, the nutrients men need most to protect and build their skeleton. Experts agree that the most protective form of Vitamin E is Gamma Tocopherol, yet unfortunately, virtually all other multi-vitamins and typical separate Vitamin E products contain only the less protective Alpha form of Vitamin E and none of the superior Gamma form at all. That alone makes our **COMPLETE** totally unique; however, our latest Vitamin E innovation makes **Men's COMPLETE** unlike any other multi-vitamin in the world, since no other formula delivers all four forms of Vitamin E with ultra-high levels of all-important Gamma Tocopherol and does so in an ultra-mild All Powder form ensuring that **Men's COMPLETE** is the most gentle high-potency formula possible.

Men's COMPLETE does not employ difficult to digest tablets or oil-based capsules and instead comes as a mild, pure, additive-free powder in small, soft, easy-to-swallow capsules. The ultra-fine, non-acidic powder in each capsule most efficiently delivers its benefits while also being gentle even to the most sensitive stomach. Most importantly, unlike typical one-pill-per-day multi-vitamins that never deliver the levels a man truly requires, **Men's COMPLETE** provides a comprehensive list of essential vitamins, minerals and carotenoids at the potency levels respecting the scientific research and the needs of men.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO: Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binders, fillers, excipient, lubricant, coating, diluent, flowing agent, common allergens, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND.

THE PERFECT PACKET.

The Perma-Fresh Purple Packet.
The Only Packet Worthy of Our 100% Pure Products.

Our Purple Packet is our most advanced packet ever, offering even more protection than our original Red 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 your vitamins from damaging light, moisture and oxygen. For decades, our Red Packets set the standard for vitamin protection and today, our Perma-Fresh Purple Packet takes that protection to the highest levels, giving your vitamins the special protection they deserve.

Supplement Facts

	Serving Size: 1 Packet (5 Powder Capsules)	
Amount Per Packet		%DV*
Vitamin A (as alpha and beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1 g (1,000 mg)	1667%
Vitamin D ₃ (as cholecalciferol)	1,600 IU	400%
Vitamin E (as total natural tocopherols)	300 mg	
as natural gamma tocopherol	200 mg	
as natural alpha tocopherol	120 IU (80 mg)	400%
as natural delta/beta tocopherol	20 mg	
Vitamin B ₁ (as thiamin hydrochloride)	25 mg	1667%
Vitamin B ₂ (as riboflavin)	25 mg	1471%
Niacin (as niacinamide/nicotinamide)	25 mg	125%
Vitamin B ₆ (as pyridoxine hydrochloride)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	250 mcg	4167%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as ascorbate/citrate/pantothenate)	350 mg	25%
Magnesium (as magnesium oxide)	100 mg	26%
Zinc (as zinc citrate)	30 mg	200%
Selenium (as selenium-methionine complex)	200 mcg	2889%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as boron glycinate)	300 mcg	†
Vanadium (as vanadyl sulfate)	90 mcg	†
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin	500 mcg	†
Branched Chain Amino Acid Complex (Leucine, Valine)	50 mg	†
Silicon (as silicon dioxide)	10 mg	†

*% Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established. Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.

60 Perma-Fresh Packets™ • 300 Easy-to-Swallow Capsules