

SUGGESTED USE For best results and optimum absorption, consume the contents of one packet (5 capsules) with food – preferably a complete meal. You can consume all 5 capsules at one time with a meal or divide them up to be taken with food throughout the day. **For answers to questions about the use of this product call 800.800.1200.**

PROCAPS LABORATORIES
THE ONLY CHOICE OF PROFESSIONALS.

In 1979, Andrew Lessman founded a nutritional supplement manufacturing company committed to the science of creating the world's finest and purest natural products to meet the exacting standards of medical and athletic professionals. More than 30 years later, **PROCAPS LABORATORIES** continues as an ethical alternative to the inferior quality and undesirable additives present in typical products. Today, **PROCAPS** offers you the exact same quality and exceptional purity previously only available to health and fitness professionals.



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Purity. Quality. Integrity. Effectiveness.


Andrew Lessman
Founder of ProCAPS LABS

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MEN'S COMPLETE™

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS

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



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

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 2,000 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 (2,500 mcg), Lycopene (2,500 mcg) and hard to find Zeaxanthin (1,000 mcg). Additionally, **COMPLETE** provides Gamma Vitamin E, which experts agree is by far the most protective form of Vitamin E. Sadly, virtually every other multi-vitamin and separate Vitamin E formula uses inferior, less protective Alpha 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.

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 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. 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 made from multiple layers of specialized materials to safeguard your vitamins from damaging light, moisture and oxygen. In short, our **Perma-Fresh Purple Packet** provides the exceptional protection that the world's best vitamins deserve.

Supplement Facts

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

Amount Per Packet		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1 g (1,000 mg)	1667%
Vitamin D3 (as cholecalciferol)	2,000 IU	500%
Vitamin E (total natural tocopherols)	300 mg	
as natural d-gamma tocopherol	200 mg	
as natural d-alpha tocopheryl succinate/tocopherol	120 IU (80 mg)	400%
as natural d-delta/d-beta tocopherol	20 mg	
Vitamin B1 (as thiamin hydrochloride)	25 mg	1667%
Vitamin B2 (as riboflavin)	25 mg	1471%
Niacin (as niacinamide/chromium nicotinate)	25 mg	125%
Vitamin B6 (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/malate/carbonate)	250 mg	25%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc citrate)	30 mg	200%
Selenium (as selenium-methionine complex)	200 mcg	286%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as boron glycinate)	300 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Silicon (as silicon dioxide)	10 mg	†
Lutein	2.5 mg (2,500 mcg)	†
Lycopene	2.5 mg (2,500 mcg)	†
Zeaxanthin	1 mg (1,000 mcg)	†
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg	†

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