

Use **FOUNDER'S** For best results and optimum absorption, consume your daily supply with food – preferably a complete meal. You can consume your daily supply 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.

**UNSURPASSED.**  
Purity. Quality. Integrity. Effectiveness.



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RE-ORDERS?**  
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YOURVITAMINS®  
430 Parkson Road  
Henderson, NV 89011

# MEN'S FOUNDER'S

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS

500 MG COENZYME Q-10 • 500 MG ALPHA LIPOIC ACID

200 MG RESVERATROL • 200 MG EGCG

200 MG POMEGRANATE • 200 MG CITRUS BIOFLAVONOIDS

10,000 MCG LUTEIN • 10,000 MCG LYCOPENE • 4,000 MCG ZEAXANTHIN

100% PURE • ADDITIVE-FREE • GENTLE TO SENSITIVE STOMACHS



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

**FOUNDER'S** is the highest potency member of **Andrew Lessman's** family of multi-vitamin-mineral formulas. **FOUNDER'S** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **FOUNDER'S** 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.

**FOUNDER'S** delivers more than 40 nutrients, including high potencies of all essential vitamins, minerals, phytonutrients and carotenoids. **FOUNDER'S** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 2,000 IU of all-important Vitamin D<sub>3</sub>, along with high levels of all the B-Complex vitamins, including 2,000 mcg of Biotin and 500 mcg of our specially protected, readily-absorbable Vitamin B-12, plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (10,000 mcg), Lycopene (10,000 mcg) and hard to find Zeaxanthin (4,000 mcg). Additionally, **FOUNDER'S** 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.

**FOUNDER'S** also includes Andrew's personal, high potency balance of six vital ingredients, including **Coenzyme Q-10, Alpha Lipoic Acid, Resveratrol, Green Tea EGCG, Pomegranate and Citrus Bioflavonoids**. Details regarding each of these powerfully protective ingredients follows:

**Coenzyme Q-10 (CoQ10) – 500 mg.** CoQ10 is central to all cellular energy production, while also being a powerfully protective and critical anti-oxidant. It must be present at high concentrations in the hardest working organs in the body (heart, brain, liver and kidneys) in order for these vital organs to function at their best and to protect themselves. CoQ10 levels decrease with age, stress, medications, poor diet and even physical activity making supplementation essential.

**Alpha Lipoic Acid (ALA) – 500 mg.** Because of its unique ability to be both water and fat soluble, ALA is referred to as the "Universal Anti-Oxidant." This unique solubility allows it to go virtually anywhere in your body protecting hard-to-reach tissues from oxidative damage. Even more important is its essential role in the production of your body's most powerful internal anti-oxidant – Glutathione. Like CoQ10, internal levels of ALA decline with age, stress and the use of certain medications making supplementation a matter of common sense.

**Resveratrol – 200 mg.** Resveratrol has been the focus of extensive anti-aging research and only recently available in a pure, high-potency natural form. Resveratrol is the molecule behind the benefits of Red Wine, the Mediterranean diet and the French Paradox. Resveratrol is a far more powerful anti-oxidant than either Vitamins E or C; however, it is Resveratrol's impact on preserving the telomeres in our genetic material that places it at the forefront of the latest anti-aging research.

**Epigallocatechin Gallate (EGCG) – 200 mg.** EGCG from Green Tea combines thousands of years of traditional use with decades of compelling medical research. EGCG is a powerfully protective molecule that also enhances the activity of our most important internal anti-oxidants. EGCG is also vital to our liver and therefore to our body's internal cleansing and detoxification systems, while also supporting the immune system and protecting the delicate tissues of our brain, heart and breast.

**Pomegranate (40% Ellagic Acid/40% Punicalagins) – 200 mg.** Used traditionally for centuries and referred to as "sacred fruit," scientists have confirmed Pomegranate's unique protective content. Unfortunately, most Pomegranate products and juices are not standardized to deliver its beneficial compounds, whereas our 40:40 Complex is standardized for both Punicalagins and Ellagic Acid assuring you all the benefits you seek without the sugar and calories of Pomegranate Juice.

**Citrus Bioflavonoids – 200 mg.** Citrus Bioflavonoids, including Hesperidin and Rutin, are some of the most powerfully protective compounds found in plants, and as the name suggests, are highly concentrated in citrus fruit. Citrus Bioflavonoids possess their own independent antioxidant activity and also act synergistically to enhance the benefits of Vitamin C, which is why they are so often included in separate Vitamin C formulas.

**FOUNDER'S** also delivers high levels of protective compounds from nine other established natural ingredients, including powerful, protective extracts of **Bilberry, Blueberry, Curcumin, Broccoli, Wasabi, Mustard Seed, Pine Bark, Grape Seed and Apple**. Each of these standardized extracts of long-respected natural foods and ingredients has been the subject of extensive scientific inquiry validating their importance to any comprehensive health and anti-aging regimen.

**FOUNDER'S** delivers the important nutrition 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, **FOUNDER'S** provides the most comprehensive list of vitamins, minerals, carotenoids and phytonutrients 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.**

**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.

**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.

<b>Supplement Facts</b>		Serving Size 1 Packet (10 Capsules)
		Servings Per Container 30
Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1,000 mg	1.667%
Vitamin D <sub>3</sub> (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)	40%
as natural d-delta/d-beta tocopherol	20 mg	†
Vitamin B <sub>1</sub> (as thiamin hydrochloride)	25 mg	1.667%
Vitamin B <sub>2</sub> (as riboflavin)	25 mg	1.471%
Niacin (as nicotinamide/chromium nicotinate)	25 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	25 mg	1,250%
Folic Acid	400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	500 mcg	8,333%
Biotin	2,000 mcg	667%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (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	†
Lutein	10 mg (10,000 mcg)	†
Lycopene	10 mg (10,000 mcg)	†
Zeaxanthin	4 mg (4,000 mcg)	†
Alpha Lipoic Acid	500 mg	†
Coenzyme Q-10 (as Natural Ubiquinone)	500 mg	†
Epigallocatechin Gallate (EGCG), from standardized Green Tea Leaf extract	200 mg	†
Pomegranate Blend, extract (fruit), 40% punicalagins/40% ellagic acid	200 mg	†
Resveratrol (from Polygonum cuspidatum (root) extract)	200 mg	†
Citrus Bioflavonoid Complex, (fruit), standardized to 80% bioflavonoids	200 mg	†
Bilberry Blend, extract (fruit), standardized to 10%/25% anthocyanins	200 mg	†
Blueberry, extract (fruit), standardized to 12.5% anthocyanins	50 mg	†
Apple, extract (fruit), standardized to 75% polyphenols	50 mg	†
Broccoli, extract (sprout/seed), standardized to 1.2% sulforaphane glucosinolate	50 mg	†
Pine Bark, extract (bark), standardized to 95% proanthocyanidins/75% polyphenols	50 mg	†
Grape Seed, extract (seed), standardized to 90% polyphenols	50 mg	†
Wasabi, extract (root), standardized to 1.2% glucosinolates	50 mg	†
Mustard Seed, extract (seed), standardized to 20% glucosinolates	50 mg	†
Proprietary Activated Curcumin-Phospholipid Complex (Turmeric, 95% extract (root) and sunflower phospholipids)	50 mg	†
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.