

SUGGESTED USE For best results and optimum absorption, consume the contents of one packet (7 capsules) with food – preferably a complete meal. You can consume all 7 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.

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com



430 Parkson Road • Henderson, NV 89011

WOMEN'S COMPLETE™

with **MAXIMUM ESSENTIAL OMEGA-3 1,000 MG**

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS • OMEGA-3'S

ALL NATURAL • 100% PURE • ADDITIVE-FREE
COMPREHENSIVE • GENTLE • NO FISHY AFTERTASTE



30 Perma-Fresh Packets™ • 210 Easy-to-Swallow Capsules

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** 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 in easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs and free of any fishy aftertaste. 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** 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.

Maximum Essential OMEGA-3 is our unique blend of Omega-3 fats from fish and flaxseed oil with NO fishy aftertaste, NO stomach upset, NO heavy metals and NO contaminants. Omega-3 fats are a common sense addition to any multi-vitamin, since like vitamins, they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Maximum Essential OMEGA-3**. Sadly, because of the absence of cold-water fish from our diet, Americans typically lack the Omega-3s necessary to support heart, brain, eye and circulatory health. This formula provides our highest levels of DHA and EPA, along with ALA from Flaxseed oil. The heart and circulatory benefits of Omega-3s have been long established, but DHA's critical role in brain and eye structure and function have made it the most important of the Omega-3s. Fish oil is recognized for its extensive health benefits, but it is equally well-known for its nasty aftertaste and its potential for contaminants and stomach upset. Our **Maximum Essential OMEGA-3** provides all the benefits you seek from fish oil with NO mercury, NO contaminants and absolutely NO stomach upset or fishy aftertaste.

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 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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, 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 • Servings Per Container 30 (5 Powder Capsules/ 2 Liquid Softgel)
Amount Per Packet	%DV*	
Calories 15	Calories from Fat 15	
Total Fat 1.5 g	2%	
Cholesterol 5 mg	2%	
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)	400 mg	40%
Magnesium (as magnesium oxide)	200 mg	50%
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)	1,000 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	†
Total Omega-3 Fatty Acids	1 g (1,000 mg)	†
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	1.4 g (1,430 mg)	†
DHA-Docosahexaenoic Acid (Omega-3)	450 mg	
EPA-Eicosapentaenoic Acid (Omega-3)	350 mg	
Other Omega-3 Fatty Acids	100 mg	
alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	100 mg	
Proprietary Orange Essence (Extracted Oil)	48 mg	†
*%DV are based on a 2,000 calorie diet. †DV not established. Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective B12 Matrix.		