ANDREW LESSMAN

PROCAPS LABORATORIES

100% SOLAR

MEN'S COMPLETE™

with Maximum Essential Omega-3 500 mg

HIGH POTENCY VITAMINS | MINERALS | CAROTENOIDS | OMEGA-3s

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

Uniquely Pure | Additive-Free | No Stomach Upset | No Fishy Aftertaste

MEN'S COMPLETE with Maximum Essential Omega-3

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 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** 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 DHA's 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 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 PERFECT PACKET: *The Perma-Fresh Purple Packet. The only Packet worthy of our Exceptional Products.*

Our *Purple* Packet is our most advanced packet ever, offering even more protection than our original Foil 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 the potency of your vitamins. For decades, our Foil Packets set the standard for protection and today, our Perma-Fresh *Purple* Packet takes that protection to the next level, giving your vitamins the special protection they deserve.

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 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

PROCAPS LABORATORIES

Andrew Lessman, Founder

QUESTIONS? REORDERS?
800.800.1200 • www.PROCAPSLABS.COM

777563

608174-01M

Manufactured by ProCaps Labs, Henderson, NV 89011

Supplement Facts

Serving Size 1 Packet (4 Powder Capsules/1 Liquid Softgel)
Servings Per Container 60

Amount Per Packet		%DV*
Calories	**<5**	
Total Fat	<1 g	**1%**
Cholesterol	<5 mg	**1%**
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)	33%
Vitamin C (as Ca and Mg Ascorbate/Palmitate)	1000 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)	200 mg	15%
Magnesium (as ascorbate/oxide)	100 mg	24%
Zinc (as zinc citrate/oxide)	30 mg	273%
Selenium (as selenium-methionine complex)	200 mcg	364%

Amount Per Packet		%DV*
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)	300 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)	605 mg	†
Total Omega-3 Fatty Acids	>500 mg	
DHA-Docosahexaenoic Acid	250 mg	
EPA-Eicosapentaenoic Acid	175 mg	
DPA-Docosapentaenoic Acid	25 mg	
ALA - Alpha-Linolenic Acid (from Ahiflower® oil)	35-40 mg	†
SDA - Stearidonic Acid (from Ahiflower® oil)	15-18 mg	†
Other Omega-3 Fatty Acids	25 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: Gelatin 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