



ANDREW LESSMAN

PROCAPS LABORATORIES



WOMEN'S COMPLETE™

HIGH POTENCY VITAMINS | MINERALS | CAROTENOIDS

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 | Small Capsules | No Stomach Upset



WOMEN'S COMPLETE

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 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.

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.

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



Andrew Lessman, Founder

QUESTIONS? REORDERERS?
800.800.1200 • www.PROCAPSLABS.com

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Manufactured by ProCaps Labs, Henderson, NV 89011

Supplement Facts

Amount Per Packet	%DV*	Amount Per Packet	%DV*		
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)	33%	Zinc (as zinc citrate/oxide)	30 mg	273%
Vitamin C (as Ca and Mg Ascorbate/Palmitate)	1,000 mg	1,111%	Selenium (as selenium-methionine complex)	200 mcg	364%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%	Copper (as copper citrate/oxide)	2 mg	222%
Vitamin E (as natural d-alpha tocopheryl succinate)	268 mg (400 IU)	1,787%	Manganese (as manganese sulfate)	2.3 mg	100%
Vitamin B1 (as thiamin hydrochloride)	25 mg	2,083%	Chromium (as chromium nicotinate)	200 mcg	571%
Vitamin B2 (as riboflavin)	25 mg	1,923%	Molybdenum (as molybdenum glycinate)	75 mcg	167%
Niacin (as niacinamide/chromium nicotinate)	25 mg	156%	Boron (as glycinate/potassium borate)	1,000 mcg	†
Pantothenic Acid (as calcium pantothenate)	25 mg	500%	Vanadium (as vanadyl sulfate)	50 mcg	†
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,471%	Silicon (as silicon dioxide)	10 mg	†
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	10,417%	Lutein	3 mg (3,000 mcg)	†
Folate (as L-5-Methyltetrahydrofolate)	400 mcg DFE	100%	Lycopene	3 mg (3,000 mcg)	†
Biotin	2,000 mcg	6,667%	Zeaxanthin Complex	1.5 mg (1,500 mcg)	†
Calcium (as ascorbate/malate/carbonate)	400 mg	31%	Branched Chain Amino Acid Complex (as leucine/valine)	50 mg	†
Magnesium (as ascorbate/oxide)	200 mg	48%			

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.

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, preservative or genetically modified (GMO) ingredients.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Dietary Supplement | 60 Perma-Fresh Packets™ | 300 Easy-to-Swallow Capsules