

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. For best results, take this product with food containing a small amount of fat or oil. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



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HENDERSON, NV 89011

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PROMOTES OPTIMUM CALCIUM ABSORPTION

# VITAMIN D<sub>3</sub> 2000™

2,000 IU VITAMIN D<sub>3</sub> (CHOLECALCIFEROL)  
100 MG CALCIUM • 50 MG MAGNESIUM



DIETARY SUPPLEMENT



720 Easy-to-Swallow Capsules

**Andrew Lessman's VITAMIN D<sub>3</sub> 2000** contains 2,000 IU of Vitamin D<sub>3</sub> in its most active and beneficial form – Cholecalciferol. Overwhelming scientific research has validated Vitamin D<sub>3</sub> as the single most important vitamin to supplement. We also combine our Vitamin D with Calcium and Magnesium, because of their shared role in bone health. In fact, Calcium cannot be absorbed without adequate Vitamin D, thus making Vitamin D just as important as Calcium for bone health. That should be enough to encourage everyone to consume extra Vitamin D, but it is Vitamin D's other exciting benefits that are making headlines and have experts urgently seeking to raise the recommended intake of Vitamin D. The body can only produce small amounts of Vitamin D when exposed to sunlight (UV radiation), but reduced sun exposure and increased use of sunscreens, as well as the normal aging process, makes our own internal production of Vitamin D extremely limited and unreliable. Moreover, Vitamin D is not readily available in food – only present in small amounts in some fish and eggs. As a result, for over 40 years, **ProCaps** has always provided extra Vitamin D in all of our multivitamins and Calcium products. An enormous amount of recent research has confirmed the wisdom and necessity of consuming extra Vitamin D, and with our **Vitamin D<sub>3</sub> 2000** you receive the benefits of the most active form of Vitamin D, plus a bonus of essential Calcium and Magnesium.

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, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 720

Amount Per Serving		%DV*
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2,000 IU)	250%
Calcium (as calcium carbonate)	100 mg	8%
Magnesium (as magnesium oxide)	50 mg	12%

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin capsule and Vitamin C (as ascorbyl palmitate).

**SUGGESTED USE** Consume one capsule daily or as recommended by your physician. This product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**



ANDREW LESSMAN

**PROCAPS**  
LABORATORIES



# THEANINE

200 mg of Soothing Theanine  
Calm Relaxed Focus – Naturally



Dietary Supplement | **360** Easy-to-Swallow Capsules

**Andrew Lessman's THEANINE** provides 200 mg of pure Theanine – one of the most uniquely beneficial and unusual of amino acids. First of all, unlike other amino acids, **Theanine** is not a building block of protein, but is almost exclusively found in the tea plant (*Camellia sinensis*) where it accounts for both its distinctive flavor, as well as its unique calming properties. Plus, because **Theanine** can cross the blood brain barrier, it can deliver its beneficial properties directly to the brain and nervous system. **Theanine** has been shown to enhance alpha brain-wave activity, which is associated with a relaxed, but still focused and alert state. **Theanine** promotes the production of the neurotransmitters dopamine and serotonin, which support relaxation and calm. The observation that the caffeine in green tea is less intense than that of coffee results from green tea's abundance of **Theanine**. In fact, **Theanine** is often used to reduce the uncomfortable effects of caffeine and to support a relaxed state. **Theanine** can also help to diminish perceived stress and tension while promoting calm attention and focus. In short, **Theanine** naturally supports the brain and its neurotransmitters promoting calm, relaxed focus without drowsiness.

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**CONTAINS NO ADDITIVES OR  
COMMON ALLERGENS OF ANY KIND**

## Supplement Facts

Serving Size 1 Capsule      Servings Per Container 360

### Amount Per Serving

L-Theanine	200 mg †
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† Daily Value not established.

Other Ingredients. Gelatin capsule.

FOR OVER 40 YEARS

**Unsurpassed Purity, Quality and Efficacy**

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

*We Remain Uniquely Committed  
to You and the Planet.*

*You have my unwavering Promise.*

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Andrew Lessman, Founder

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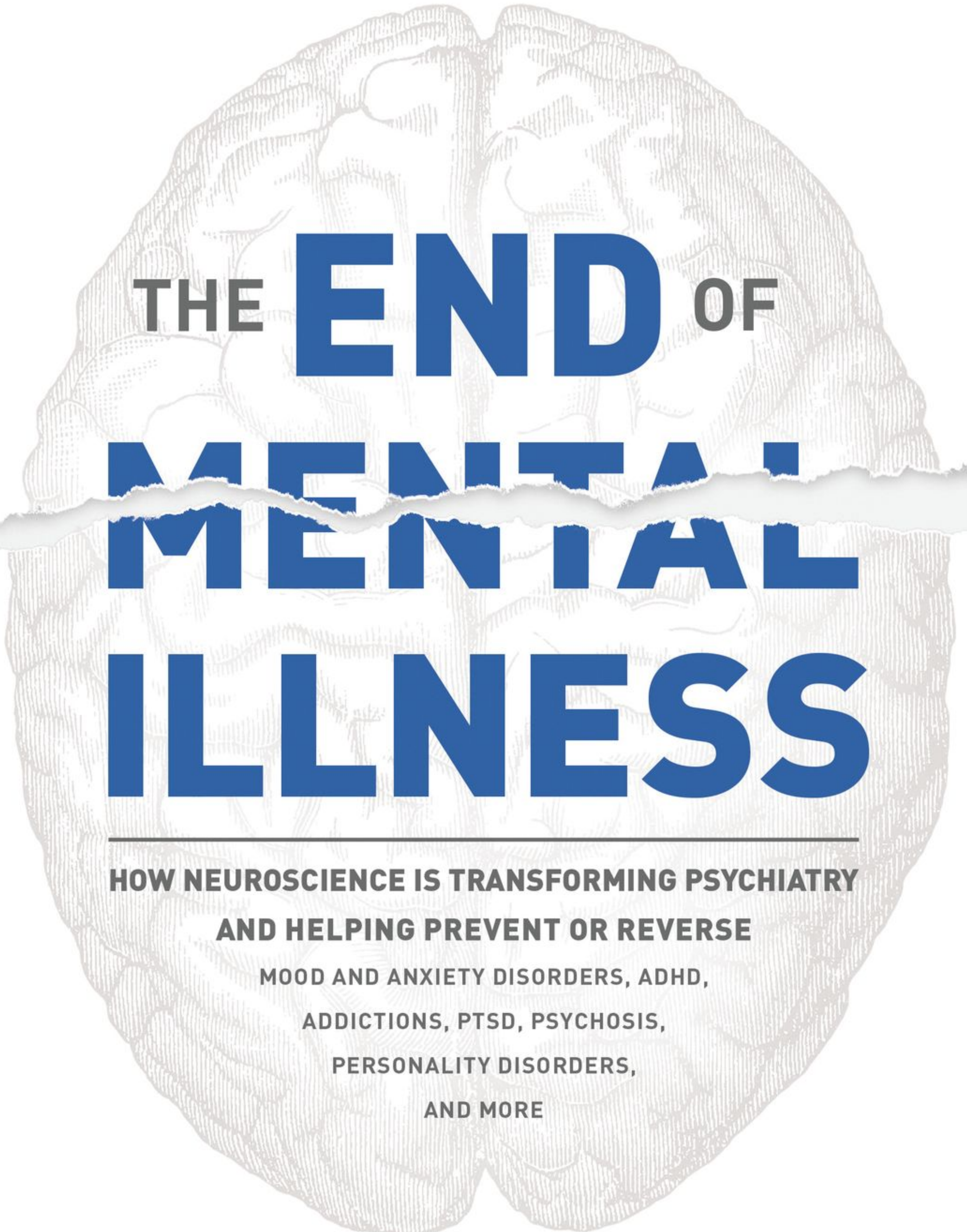
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Manufactured by ProCaps Labs, Henderson, NV 89011



#1 NEW YORK TIMES BESTSELLING AUTHOR

**DANIEL G. AMEN, MD**



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