

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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PROMOTES OPTIMUM CALCIUM ABSORPTION

VITAMIN D₃ 2000™

2,000 IU VITAMIN D₃ (CHOLECALCIFEROL)
100 MG CALCIUM • 50 MG MAGNESIUM



DIETARY SUPPLEMENT



720 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN D₃ 2000 contains 2,000 IU of Vitamin D₃ in its most active and beneficial form – Cholecalciferol. Overwhelming scientific research has validated Vitamin D₃ 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 D₃ 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 ₃ (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).		

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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.



Andrew Lessman
Andrew Lessman, Founder

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Manufactured by ProCaps Labs, Henderson, NV 89011



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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 †

† Daily Value not established.

Other Ingredients. Gelatin capsule.

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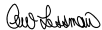
WARNING Do not use while pregnant, nursing or seeking to become pregnant.

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

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SAFFRON 15

Standardized for Crocin & Safranal

Promotes Positive Mood
Emotional Balance and Relaxation



Dietary Supplement | **240** Easy-to-Swallow Capsules

Andrew Lessman's **SAFFRON 15** offers a standardized extract of Saffron from the deep red stigmas of the *Crocus sativus* flower. Saffron has long been prized for its unique aroma, taste and color. Its traditional medical use goes back more than 3,000 years, spanning many cultures and civilizations. Due to its scarcity and labor-intensive harvesting, Saffron is by far the world's most expensive spice with more than 200,000 stigmas (tiny organs from the Saffron flower) required to make a pound of Saffron. Given its extremely high price, Saffron has become among the most adulterated and counterfeited spices. We take extraordinary measures to ensure the identity and purity of our Saffron, which is standardized to deliver precise levels of both Crocin and Safranal, along with many other naturally occurring cofactors. Traditional medicine has long used Saffron to promote positive mood and emotional balance, along with a relaxed state and enhanced sleep quality. Modern clinical studies have now validated these traditional benefits on mood, emotional balance, relaxation and sleep. These benefits are attributed to Saffron's gentle balancing effects on our most important neurotransmitters. Our precisely targeted Saffron extract is formulated to ensure that you enjoy the greatest benefits from one of Mother Nature's most remarkable healing plants.

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CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 1 Capsule Servings Per Container 240

Amount Per Serving

Saffron, extract (stigmas)	15 mg	†
standardized to 3% crocin/2% safranal		
Proprietary Amino Acid Complex (as taurine, glutamine, glycine)	220 mg	†

† Daily Value not established.

Other Ingredients: Gelatin capsule.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.



YOU, HAPPIER

THE 7 NEUROSCIENCE SECRETS OF FEELING GOOD
BASED ON YOUR BRAIN TYPE

#1 *NEW YORK TIMES* BESTSELLING AUTHOR

DANIEL G. AMEN, MD