

SUGGESTED USE Consume 5 capsules daily—preferably with food. You can decrease your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.
100% SOLAR PRODUCTION ZERO CARBON FOOTPRINT

PROCAPS

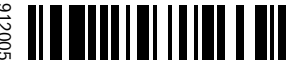
QUESTIONS? REORDERS?
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Manufactured by ProCaps Labs
Henderson, NV 89011

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100% SOLAR

HIGH POTENCY COMPLETE™

Vitamins • Minerals • Carotenoids

ADDITIVE-FREE • ALWAYS GENTLE

2,000 IU Vitamin D3 • Methyl B12 • Methyl Folate
1,000 mg Non-Acidic Vitamin C • Natural Vitamin E
3,000 mcg Lutein • 3,000 mcg Lycopene
1,500 mcg Zeaxanthin • 2,000 mcg Biotin



COMPLETE is the founding member of Andrew Lessman's high potency multi-capsule multivitamin formulas. **COMPLETE** is 100% pure and contains only the nutrients you desire with no additives of any kind. **COMPLETE** comes as an ultra-fine powder in small, easy-to-swallow capsules and is guaranteed gentle even to the most sensitive stomachs. It provides all the benefits you seek with none of the problems associated with ordinary multivitamins. **COMPLETE** delivers more than 25 nutrients, including high potencies of all essential vitamins, minerals and carotenoids. **COMPLETE** is both the purest and the mildest high-potency multi-vitamin available. It provides 2,000 IU of vitamin D3, along with high levels of all the B-Complex vitamins, including 2,000 mcg of biotin (the beauty vitamin) and 250 mcg of our unique methylcobalamin (natural coenzyme B12), pyridoxal 5'-phosphate as B6 and 400 mcg of our unique 5-MTHF (methyl folate). It includes 1,000 mg of non-acidic vitamin C, 400 IU of natural vitamin E, along with the powerful protection of the carotenoids lutein (3,000 mcg), lycopene (3,000 mcg) and zeaxanthin (1,500 mcg). **COMPLETE** delivers the nutrients you seek without employing impossible to swallow and difficult-to-digest tablets. We use only easy-to-swallow capsules containing ultra-fine, non-acidic powders to ensure the greatest bioavailability with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **COMPLETE** is updated constantly to 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 ADDITIVES OR COMMON ALLERGENS

Supplement Facts		Serving Size 5 Capsules Servings Per Container 90
Amount Per Serving		% DV*
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)	33%
Vitamin C (as Ca and Mg ascorbate/palmitate)	1,000 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 pyridoxal 5'-phosphate)	25 mg	1,471%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Folate (as L-5-methyltetrahydrofolate)	400 mcg DFE	100%
Biotin	2,000 mcg	6,667%
Calcium (as ascorbate/malate/carbonate)	300 mg	23%
Magnesium (as ascorbate/oxide)	150 mg	36%
Zinc (as zinc citrate)	30 mg	273%
Selenium (as sodium selenite)	140 mcg	255%
Copper (as copper citrate)	2 mg	222%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium nicotinate)	140 mcg	400%
Molybdenum (as molybdenum glycinate)	50 mcg	111%
Boron (as boron glycinate)	500 mcg	†
Vanadium (as vanadyl sulfate)	120 mcg	†
Lutein	3 mg (3,000 mcg)	†
Lycopene	3 mg (3,000 mcg)	†
Zeaxanthin Complex	1.5 mg (1,500 mcg)	†
L-Leucine	50 mg	†

*Percent Daily Values (% DV). † Daily Value not established. Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix.