

**SUGGESTED USE** Consume 6 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**

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Vitamins • Minerals • Carotenoids

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100 mg Coenzyme Q-10 • 100 mg Alpha Lipoic Acid  
100 mg Resveratrol • 100 mg EGCG  
100 mg Pomegranate • 100 mg Citrus Bioflavonoids  
6,000 mcg Lutein • 6,000 mcg Lycopene  
3,000 mcg Zeaxanthin



ELITE 100 is an ultra-high-potency version of Andrew Lessman's Complete multi-vitamin formula with the added benefits of botanicals and nutraceuticals. Elite 100 is uniquely pure and contains only the nutrients you desire with no additives of any kind. Elite 100 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. Elite 100 delivers more than 25 nutrients, including high potencies of all essential vitamins, minerals and carotenoids, as well as six vital botanicals and nutraceuticals. Elite 100 is both the purest and mildest high-potency multivitamin 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), 250 mcg of our unique methylcobalamin (natural coenzyme B12), pyridoxal 5'-phosphate as B6 and 600 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 (6,000 mcg), lycopene (6,000 mcg) and zeaxanthin (3,000 mcg). Elite 100 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, Elite 100 is updated constantly to respect both you and the scientific literature.

Elite 100 provides 100 mg each of six vital nutraceuticals and botanicals

Coenzyme Q-10 (CoQ10) is essential for all energy production and also provides unparalleled cellular protection. Required at high concentrations in all key organs (heart, brain, liver and kidneys). CoQ10 levels inevitably and unavoidably decrease with age, stress, medications and even physical activity making supplementation common sense.

Alpha Lipoic Acid (ALA) is the "universal antioxidant" given its fat and water solubility. ALA can protect fragile cellular structures, including those in the liver and brain. ALA promotes glutathione synthesis - the body's most powerful protective compound. ALA levels inevitably and unavoidably decline with age, stress and medications making supplementation common sense.

Resveratrol is a protective polyphenol that has long been the focus of extensive anti-aging research. It is among nature's most powerful protective compounds.

Epigallocatechin Gallate (EGCG) from Green Tea is its most powerful protective compound supported by centuries of traditional use and decades of compelling anti-aging wellness research.

Pomegranate (40% Ellagic Acid and Punicalagins) is considered the sacred fruit. We standardize it to deliver its protective compounds without the sugar and calories of pomegranate juice.

Citrus Bioflavonoids, including Hesperidin and Rutin, are powerful protective compounds from citrus fruit that support healthy circulation and enhance the benefits of Vitamin C.

Supplement Facts		Serving Size 6 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)	600 mcg DFE	150%
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	6 mg (6,000 mcg)	†
Lycopene	6 mg (6,000 mcg)	†
Zeaxanthin Complex	3 mg (3,000 mcg)	†
Alpha Lipoic Acid	100 mg	†
Coenzyme Q-10 (natural ubiquinone)	100 mg	†
Green Tea, extract (leaf) 98% polyphenols EGCG	100 mg	†
Pomegranate Blend, extract (fruit)	100 mg	†
standardized to 40% punicalagins and ellagic acid		
Resveratrol (from Polygonum cuspidatum (root) extract)	100 mg	†
Citrus Bioflavonoid Complex, (fruit) 80% bioflavonoids	100 mg	†
L-Leucine	50 mg	†

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