

**SUGGESTED USE** Consume 10 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.**



ANDREW LESSMAN

PROCAPS



# FOUNDER'S™

Vitamins • Minerals • Carotenoids  
Phytonutrients • Nutraceuticals

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Dietary Supplement



600 EASY-TO-SWALLOW CAPSULES

Andrew Lessman's **FOUNDER'S** formula contains more than 3 dozen ingredients, including vitamins, minerals, carotenoids, nutraceuticals and botanicals standardized for key phytonutrients. It is the most comprehensive, as well as the highest potency of Andrew's multi-vitamin multi-nutrient formulas. **FOUNDER'S** is uniquely pure and provides only the ingredients you desire and no additives of any kind. **FOUNDER'S** comes as a non-acidic ultra-fine powder in small, easy-to-swallow capsules and despite its high potency 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. Also, unlike typical multivitamins that ignore the current science, **FOUNDER'S** is updated constantly to respect both you and the scientific literature. **FOUNDER'S** 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) and 250 mcg of our unique methylcobalamin (natural coenzyme B12), pyridoxal 5'-phosphate as B6 and 2,000 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 (24 mg), lycopene (6 mg), zeaxanthin (5 mg) and astaxanthin (4 mg).

**FOUNDER'S** provides Andrew's personal balance of high potency nutraceuticals and ultra-standardized 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 unavoidably decrease with age, stress, medications and even physical activity.

**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.

**Turmeric** standardized for curcuminoids and delivered as a phospholipid complex to ensure maximum benefits and soothing support to our joints, liver and brain.

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

**Milk Thistle** standardized for silymarin and

provided as a phospholipid complex for maximum bioavailability and support and protection of our hard-working liver.

**Blueberry Extract** protects the delicate structures of the eye and supports healthy vision, particularly at night.

**Apple extract** has long been respected as an extremely rich source of uniquely protective polyphenols.

**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 decline with age, stress and medications.

**Epigallocatechin Gallate (EGCG)** from Green Tea is its most powerful protective compound supported by centuries of traditional use and decades of scientific research.

**Pomegranate (40% Ellagic Acid and Punicic acids)** is considered the sacred fruit. Standardized to deliver the highest levels of its key protective compounds.

**Citrus Bioflavonoid Complex** (Turmeric extract (root), 20% curcuminoids and 25% phospholipids)

**Green Tea**, extract (leaf) 98% polyphenols EGCG 100 mg

**Pomegranate Blend**, extract (fruit)

standardized to 40% punicalagins and ellagic acid

**Resveratrol** (from Polygonum cuspidatum (root) extract)

**Apple**, extract (fruit), standardized to 75% polyphenols

**Blueberry**, extract (fruit), standardized to 36% anthocyanins

**Broccoli**, extract (sprout/ seed), standardized to 13% sulforaphane glucosinolate

**Citrus Bioflavonoid Complex**, (fruit), standardized to 80% bioflavonoids

**Grape Seed**, extract (seed), standardized to 80% polyphenols

**Milk Thistle Phospholipid Complex**, extract (fruit)

Total Silymarin/Silybins 30 mg

**Pine Bark**, extract (bark), standardized to 95% proanthocyanidins

## Supplement Facts

Serving Size 10 Capsules	Servings Per Container 60
Amount Per Serving	% DV*
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)
Vitamin C (as Ca and Mg ascorbate)	1,000 mg
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)
Vitamin E (as natural d-alpha tocopherol succinate)	268 mg (400 IU)
Vitamin B1 (as thiamin hydrochloride)	25 mg
Vitamin B2 (as riboflavin)	25 mg
Niacin (as niacinamide/ chromium nicotinate)	25 mg
Pantothenic Acid (as calcium pantothenate)	25 mg
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg
Folate (as L-5-methyltetrahydrofolate)	2,000 mcg DFE
Biotin	2,000 mcg
Calcium (as calcium ascorbate)	100 mg
Magnesium (as magnesium malate/ascorbate)	100 mg
Zinc (as zinc citrate)	30 mg
Selenium (as sodium selenite)	140 mcg
Copper (as copper citrate)	2 mg
Manganese (as manganese citrate)	2.3 mg
Chromium (as chromium nicotinate)	140 mcg
Molybdenum (as molybdenum glycinate)	50 mcg
Boron (as boron glycinate)	500 mcg
Vanadium (as vanadyl sulfate)	120 mcg
Lutein	24 mg (24,000 mcg)
Lycopene	6 mg (6,000 mcg)
Zeaxanthin Complex	5 mg (5,000 mcg)
Astaxanthin	4 mg (4,000 mcg)
Alpha Lipoic Acid	600 mg
Coenzyme Q-10 (natural ubiquinone)	600 mg
Curcumin Phospholipid Complex	300 mg
Green Tea, extract (leaf) 98% polyphenols EGCG 100 mg	200 mg
Pomegranate Blend, extract (fruit)	200 mg
Resveratrol (from Polygonum cuspidatum (root) extract)	200 mg
Apple, extract (fruit), standardized to 75% polyphenols	100 mg
Blueberry, extract (fruit), standardized to 36% anthocyanins	100 mg
Broccoli, extract (sprout/ seed), standardized to 13% sulforaphane glucosinolate	100 mg
Citrus Bioflavonoid Complex, (fruit), standardized to 80% bioflavonoids	100 mg
Grape Seed, extract (seed), standardized to 80% polyphenols	100 mg
Milk Thistle Phospholipid Complex, extract (fruit)	100 mg
Total Silymarin/Silybins 30 mg	100 mg

\*Percent Daily Values (% DV). † Daily Value not established. Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix. **CONTAINS NO ADDITIVES OF ANY KIND**

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.