

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. For best results take this product with food, preferably a complete meal. 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.**

**STANDARDIZED ANTI-OXIDANT SPICES**

# SPICE of LIFE™

DEODORIZED GARLIC · ACTIVATED CURCUMIN · OREGANO  
ROSEMARY · THYME · SAGE · WASABI · MUSTARD SEED



240 Easy-to-Swallow Capsules

**Andrew Lessman's SPICE of LIFE** is more than a potent, deodorized Garlic product. It is an all-natural blend of extracts and concentrates from powerful, health-promoting spices from around the world. For millennia, it has been the uniquely pungent flavor of these spices that have made them so precious. Today, like so many traditional remedies, it is their scientifically established health benefits that fuel our interest. **Spice of Life** delivers eight well-researched spices providing a comprehensive range of powerful, protective compounds and benefits. **Spice of Life** begins with our mild, but potent, deodorized Garlic concentrate, which delivers an array of Garlic's most protective sulfur-based compounds, including Allicin and Alliin. We also include our standardized Turmeric Extract, which provides our activated Curcumin-Phospholipid Complex. Turmeric is India's most well-known, health-promoting spice, and our unique complex ensures you can enjoy its long list of health benefits. We also look to the Mediterranean Diet and provide the powerful, protective benefits of standardized extracts of Oregano, Rosemary, Sage and Thyme. Finally, **Spice of Life** delivers highly standardized extracts of the spices Wasabi and Mustard Seed, which are technically members of the healthy cruciferous vegetable family. **Spice of Life** is more than a collection of spices. It is an extraordinary array of exceptional standardized extracts, specifically selected to deliver precise levels of the targeted beneficial compounds we seek in each ingredient. Experts view spices as "pound for pound" some of the most concentrated, naturally-occurring sources of anti-oxidants and protective compounds. **Spice of Life** allows you to once again rediscover the health benefits and powerful protection of ingredients that, for centuries, were treasured and revered.

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

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
<b>Amount Per Serving</b>		
Garlic, ultra-concentrate (bulb)	200 mg	†
standardized to 10,000 mcg allicin per gram		
22,000 mcg alliin per gram		
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	40 mg	†
Oregano, extract (leaf)	40 mg	†
standardized to 10% thymol		
Rosemary, extract (leaf)	40 mg	†
standardized to 6% carnosic acids		
Sage, extract (leaf)	40 mg	†
standardized to 2.5% rosmarinic acids/ 4-6% essential oils		
Thyme, extract (leaf)	40 mg	†
20:1 concentrate		
Mustard Seed, extract (seed)	20 mg	†
standardized to 10% glucosinolates		
Wasabi, extract (root)	20 mg	†
standardized to 0.75% glucosinolates		

† Daily Value not established.

Other Ingredients: Gelatin capsule.

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Andrew Lessman  
Founder of ProCaps Labs

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