

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. For best results, consume with food containing a small amount of fat. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

*We Remain Uniquely Committed
to You and the Planet.*

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PROCAPS

Andrew Lessman, Founder

QUESTIONS? | REORDERS?

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ANDREW LESSMAN

PROCAPS



COENZYME Q-10 100 MG

Complete B-Complex | Vitamin C 400
with Methyl B12 & Methyl Folate



Dietary Supplement | **360** Easy-to-Swallow Capsules

Andrew Lessman's COENZYME Q-10 100 is more than the finest, natural source of our body's most critical energy nutrient (CoQ10). It also provides the world's most sophisticated high potency B-Complex formula, including our absorption-protected Natural B12 (Methylcobalamin), as well as our unique Methyl Folate form of Folic Acid. Thirty-five years of working with CoQ10 has taught us that no CoQ10 formula can guarantee its benefits without all the essential B-vitamins. Our CoQ10 also includes high levels of Vitamin C given the established relationship between these two vital protective nutrients. CoQ10 is essential for all energy production and therefore, for life itself. Sadly, CoQ10 levels decline with age, stress, diet, health issues and the use of the most popular drugs, such as cholesterol, blood pressure, osteoporosis and antidepressant drugs. Clearly, modern life conspires to reduce our levels of this life-sustaining nutrient. Further underscoring CoQ10's importance, is that the healthy function of our body's most hardworking organs (Heart, Brain, Liver, Kidneys, Pancreas) requires the body's highest levels of CoQ10. It is this direct connection between CoQ10 and our most vital organs that provides an unparalleled opportunity to promote abundant energy and optimum health. This uniquely comprehensive and economical formula provides an exceptional opportunity to benefit from what many consider to be nature's most important nutrient.

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 OF ANY KIND

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/palmitate)	400 mg	444%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate Complex (as L-methylfolate/folic acid)	67 mcg DFE (25 mcg folic acid)	17%
Biotin	50 mcg	167%
Calcium (as calcium ascorbate/pantothenate)	40 mg	3%
Coenzyme Q-10 (natural ubiquinone)	100 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients. Gelatin capsule, Proprietary Protective Methyl B12 Matrix.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.