

SUGGESTED USE Consume two or three capsules daily, or as recommended by your physician. For best results take this product with food containing a small amount of fat or oil. 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.



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Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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ANDREW'S FIVE FAVORITES™

200 MG:

**COENZYME Q-10 • ALPHA LIPOIC ACID
RESVERATROL • EGCG • POMEGRANATE**



DIETARY SUPPLEMENT



500 Easy-to-Swallow Capsules

ANDREW'S FIVE FAVORITES is Andrew Lessman's personal blend of his five favorite ingredients to add to your daily multi-vitamin. The formula begins with the unparalleled protection of the world's finest natural **Coenzyme Q-10**. **CoQ10** is essential for all cellular energy production, while also providing powerful anti-aging and anti-oxidant protection. **CoQ10** is required for our most important organs (heart, brain, liver, etc.) to function their best, particularly as we age. Andrew's next favorite is **Alpha Lipoic Acid (ALA)**, which is referred to as the Universal Anti-Oxidant because of its unique ability to protect both aqueous (water) or lipid (oil-based) environments, thus enabling **ALA** to deliver its benefits anywhere in the body. **ALA**'s unique properties allow it to be particularly effective in protecting our nervous system and brain, along with the liver, kidneys and immune system. Andrew also includes two of nature's most protective and beneficial molecules from the world's most well-researched beverages: **EGCG** from Green Tea and **Resveratrol** from Red Wine. **EGCG** is credited with the myriad of health benefits of Green Tea and the Asian diet, while **Resveratrol** has been assigned that same role in the health benefits of Red Wine and the Mediterranean diet. Green Tea and Red Wine have been revered for centuries, and decades of research have delivered extremely exciting anti-aging results. Lastly, Andrew includes **Pomegranate** because of its rich complement of uniquely protective polyphenols called Punicalagins and Ellagic Acid. Unlike sugar-laden, high calorie juices, our unique extract of **Pomegranate** provides an exceptional 40% standardization of each of these two exceptionally protective compounds. **Andrew's Five Favorites** is a unique combination of protective ingredients that, after more than 40 years of creating vitamins, Andrew has concluded, are the five most important and well-researched ingredients to add to your daily vitamin regimen.

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

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 3 Capsules	Servings Per Container 166	
Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate/ascorbic acid)	120 mg	133%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	50 mcg	2,083%
Alpha Lipoic Acid	200 mg	†
Coenzyme Q-10 (natural ubiquinone)	200 mg	†
Epigallocatechin Gallate (EGCG) from standardized Green Tea Leaf extract	200 mg	†
Pomegranate Blend, extract (fruit) standardized to 40% punicalagins/40% ellagic acid	200 mg	†
Resveratrol (from Polygonum cuspidatum (root) extract)	200 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.

