

**SUGGESTED USE** For best results and optimum absorption, consume your daily supply with food – preferably a complete meal. You can consume your daily supply at one time with a meal or divide them up to be taken with food throughout the day. **For answers to questions about the use of this product, call 800.800.1200.**

# MEN'S COMPLETE™

with **MAXIMUM ESSENTIAL OMEGA-3 1,000MG**

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS • OMEGA-3S  
**ALL NATURAL • 100% PURE • ADDITIVE-FREE**  
**GENTLE • NO FISHY AFTERTASTE**



60 Perma-Fresh Packets™ • 420 Easy-to-Swallow Capsules

**COMPLETE with Maximum Essential OMEGA-3** is the foundational member of Andrew Lessman's family of multi-vitamin-mineral formulas with, as its name describes, the added benefits of our unique Omega-3 Oils. **COMPLETE** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **COMPLETE with Maximum Essential OMEGA-3** comes in easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs and free of any fishy aftertaste. It provides all the benefits you seek from a multi-vitamin without any of the problems normally associated with their use.

**COMPLETE with Maximum Essential OMEGA-3** delivers more than 30 nutrients, including high potencies of all essential vitamins, minerals, carotenoids and Omega-3 Oils. **COMPLETE** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 2,000 IU of Vitamin D3, along with high levels of all the B-Complex vitamins, including 500 mcg of Biotin and 250 mcg of our proprietary, absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), plus 1,000 mg of non-acidic Vitamin C, along with the powerful protection of key carotenoids, including Lutein (2,500 mcg), Lycopene (2,500 mcg) and our unique Zeaxanthin Complex (1,000 mcg). Additionally, **COMPLETE** provides Gamma Vitamin E, which experts agree is by far the most protective form of Vitamin E. Sadly, virtually every other multi-vitamin and separate Vitamin E formula uses inferior, less protective Alpha Vitamin E.

**Maximum Essential OMEGA-3** is our unique blend of Omega-3 fats from fish and flaxseed oil with NO fishy aftertaste, NO stomach upset, NO heavy metals and NO contaminants. Omega-3 fats are a common sense addition to any multi-vitamin, since like vitamins, they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Maximum Essential OMEGA-3**. Sadly, because of the absence of cold-water fish from our diet, Americans typically lack the Omega-3s necessary to support heart, brain, eye and circulatory health. This formula provides our highest levels of DHA, EPA and DPA, along with ALA from Flaxseed oil. The heart and circulatory benefits of Omega-3s have been long established, but DHA's critical role in brain and eye structure and function have made it the most important of the Omega-3s. Fish oil is recognized for its extensive health benefits, but it is equally well-known for its nasty aftertaste and its potential for contaminants and stomach upset. Our **Maximum Essential OMEGA-3** provides all the benefits you seek from fish oil with NO mercury, NO contaminants and absolutely NO stomach upset or fishy aftertaste.

**COMPLETE with Maximum Essential OMEGA-3** delivers the nutrients you seek without employing impossible to swallow and difficult to digest tablets. Instead, we use only easy-to-swallow capsules to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **COMPLETE with Maximum Essential OMEGA-3** provides a comprehensive list of vitamins, minerals, carotenoids and Omega-3 Oils at levels that respect both you and the scientific literature.

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, starch, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, sweetener or preservative.

**THE PERFECT PACKET.**

*The Perma-Fresh Purple Packet. The Only Packet Worthy of Our 100% Pure Products.*

Our Purple Packet is our most advanced packet ever, offering even more protection than our original Foil Packet. To retain potency, vitamins must be protected from light, moisture and oxygen and the ordinary clear packets used with typical vitamins cannot do so. Our unique Purple Packets are constructed from multiple layers of specialized materials to safeguard your vitamins from damaging light, moisture and oxygen. For decades, our Foil Packets set the standard for vitamin protection and today, our Perma-Fresh Purple Packet takes that protection to the highest levels, giving your vitamins the special protection they deserve.



<b>Supplement Facts</b>		Serving Size 1 Packet • Servings Per Container 60 (5 Powder Capsules/2 Liquid Softgels)	
Amount Per Packet			%DV*
<b>Calories</b> 12		Calories from Fat	12
<b>Total Fat</b> 1.35 g			<b>1%</b>
<b>Cholesterol</b> 2 mg			<b>1%</b>
Vitamin A (as natural beta carotene)	5,000 IU		100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	1,000 mg (1 g)	1,667%	
Vitamin D3 (as cholecalciferol)	2,000 IU		500%
Vitamin E (total natural tocopherols)	300 mg		†
as natural d-gamma tocopherol	200 mg		†
as natural d-alpha tocopheryl succinate/tocopherol	120 IU (80 mg)		400%
as natural d-delta/d-beta tocopherol	20 mg		†
Vitamin B1 (as thiamin hydrochloride)	25 mg		1,667%
Vitamin B2 (as riboflavin)	25 mg		1,471%
Niacin (as niacinamide/chromium nicotinate)	25 mg		125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg		1,250%
Folate Complex (as L-methylfolate/folic acid)	400 mcg		100%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg		4,167%
Biotin	500 mcg		167%
Pantothenic Acid (as calcium pantothenate)	25 mg		250%
Calcium (as ascorbate/malate/carbonate)	250 mg		25%
Magnesium (as magnesium oxide)	100 mg		25%
Zinc (as zinc citrate)	30 mg		200%
Selenium (as selenium-methionine complex)	200 mcg		286%
Copper (as copper citrate)	2 mg		100%
Manganese (as manganese citrate)	2 mg		100%
Chromium (as chromium nicotinate)	200 mcg		167%
Molybdenum (as molybdenum glycinate)	75 mcg		100%
Total Zeaxanthin Complex	1,000 mcg (1 mg)		†
Boron (as boron glycinate)	300 mcg		†
Vanadium (as vanadyl sulfate)	50 mcg		†
Silicon (as silicon dioxide)	10 mg		†
Lutein	2,500 mcg (2.5 mg)		†
Lycopene	2,500 mcg (2.5 mg)		†
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg		†
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	1,150 mg		†
Total Omega-3 Fatty Acids	1,000 mg		†
DHA-Docosahexaenoic Acid (Omega-3)	450 mg		
EPA-Eicosapentaenoic Acid (Omega-3)	350 mg		
DPA-Docosapentaenoic Acid (Omega-3)	50 mg		
alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	100 mg		†
Proprietary Orange Essence (Extracted Oil)	36 mg		†

\*%DV are based on a 2,000 calorie diet. † DV not established. Other Ingredients: Gelatin capsule, Soft gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix.