

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 questions about the use of this product call 800.332.7799.**

PROCAPS LABORATORIES
THE ONLY CHOICE OF PROFESSIONALS.

In 1979, Andrew Lessman founded a nutritional supplement manufacturing company committed to the science of creating the world's finest and purest natural products to meet the exacting standards of medical and athletic professionals. More than 40 years later, **PROCAPS LABORATORIES** continues as an ethical alternative to the inferior quality and undesirable additives present in typical products. Today, **PROCAPS** offers you the exact same quality and exceptional purity previously only available to health and fitness professionals.

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Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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WOMEN'S COMPLETE™

HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS

ALL NATURAL • 100% PURE • ADDITIVE-FREE
GENTLE EVEN FOR SENSITIVE STOMACHS



PROCAPS LABORATORIES



60 Perma-Fresh Packets™ • 300 Easy-to-Swallow Capsules

COMPLETE is the foundational member of Andrew Lessman's family of multi-vitamin-mineral formulas. **COMPLETE** is 100% pure and contains only the nutrients you desire with *no binders, fillers or additives of any kind*. **COMPLETE** comes as an ultra-fine powder in small, easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs. It provides all the benefits you seek from a multi-vitamin without any of the problems normally associated with their use.

COMPLETE delivers more than 30 nutrients, including high potencies of all essential vitamins, minerals and carotenoids. **COMPLETE** is the purest and mildest ultra-high-potency multi-vitamin formula possible. It provides 50 mcg (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 unique 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 268 mg (400 IU) of natural Vitamin E.

COMPLETE delivers the nutrients you seek without employing impossible to swallow and difficult to digest tablets. Instead, we use only easy-to-swallow capsules containing ultra-fine, non-acidic powders to ensure the greatest ease of use with no risk of stomach upset. Also, unlike typical multi-vitamins that ignore the current science, **COMPLETE** provides a comprehensive list of vitamins, minerals and carotenoids 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, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergens, color, flavor, sweetener or preservative.
CONTAINS NO ADDITIVES OF ANY KIND.

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.

Supplement Facts

Serving Size 1 Packet
(5 Powder Capsules)
Servings Per Container 60

Amount Per Packet	%DV*
Vitamin A (as natural beta carotene)	750 mcg RAE (2,500 IU) 83%
Vitamin C (as calcium ascorbate/magnesium ascorbate/ascorbic acid)	1,000 mg (1 g) 1,111%
Vitamin D ₃ (as cholecalciferol)	50 mcg (2,000 IU) 250%
Vitamin E (as natural d-alpha tocopheryl succinate)	268 mg (400 IU) 1,787%
Vitamin B1 (as thiamin hydrochloride)	25 mg 2,083%
Vitamin B2 (as riboflavin)	25 mg 1,923%
Niacin (as niacinamide/chromium nicotinate)	25 mg 156%
Pantothenic Acid (as calcium pantothenate)	25 mg 500%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1,471%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg 10,417%
Folate Complex (as L-methylfolate/folic acid)	400 mcg DFE (120 mcg folic acid) 100%
Biotin	500 mcg 1,667%
Calcium (as ascorbate/malate/carbonate)	400 mg 31%
Magnesium (as ascorbate/oxide)	200 mg 48%
Zinc (as zinc citrate)	30 mg 273%
Selenium (as selenium-methionine complex)	200 mcg 364%
Copper (as copper citrate)	2 mg 222%
Manganese (as manganese citrate)	2 mg 87%
Chromium (as chromium nicotinate)	200 mcg 571%
Molybdenum (as molybdenum glycinate)	75 mcg 167%
Boron (as boron glycinate)	1,000 mcg †
Lutein	2.5 mg (2,500 mcg) †
Lycopene	2.5 mg (2,500 mcg) †
Zeaxanthin Complex	1,000 mcg (1 mg) †
Vanadium (as vanadyl sulfate)	50 mcg †
Branched Chain Amino Acid Complex (as leucine/valine)	50 mg †
Silicon (as silicon dioxide)	10 mg †

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

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

