



SUGGESTED USE Consume three or more capsules daily or as recommended by a health care professional. For best results take this product with food containing a small amount of fat or oil. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of ProCAPS LABS



QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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430 Parkson Road
Henderson, NV 89011

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ANDREW'S FIVE FAVORITES™

100 MG COENZYME Q-10 WITH TRUQ10®
ALPHA LIPOIC ACID • EGCG • RESVERATROL



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360 Easy-to-Swallow Capsules

ANDREW'S FIVE FAVORITES is Andrew Lessman's personal blend of his five favorite ingredients to add to his daily multi-vitamin. The formula begins with the unparalleled energy and anti-oxidant benefits of our pure, natural **Coenzyme Q-10** with the addition of our unique, potency-guaranteed **TruQ10**, both of which are absolutely essential for all cellular energy production. **TruQ10** is scientifically accepted as the active, "working" form of **CoQ10** within our body and our body must convert standard **CoQ10** to **TruQ10** to achieve its benefits. By delivering **TruQ10** directly, we enhance the absorption, utilization and availability of both forms of **CoQ10** and improve the all-important ratio of **TruQ10** to **CoQ10** in our bodies. **CoQ10** and **TruQ10** are essential to the optimum functioning of all vital organs, including the heart, brain and liver. Andrew's next favorite is **Alpha Lipoic Acid (ALA)**, which is referred to as the Universal Anti-Oxidant because of its unique ability to work in either aqueous (water) or lipid (oil-based) environments, thus enabling **ALA** to deliver its benefits anywhere in the body. Like **CoQ10**, **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 culminated in extremely exciting anti-aging findings. After almost 30 years of making vitamins, **Andrew's Five Favorites** is a unique combination of what he views as the five most important and well-researched natural ingredients to add to your daily vitamin regime.

This statement has 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, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 3 Capsules	Servings Per Container 120	
Amount Per Serving	%DV*	
Vitamin C (as ascorbyl palmitate)	10 mg	17%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Coenzyme Q-10 (Natural Ubiquinone)	90 mg	†
TruQ10 (Natural Ubiquinol - Activated CoQ10)	10 mg	†
Alpha Lipoic Acid (ALA)	150 mg	†
Epigallocatechin Gallate (EGCG) (from standardized Green Tea Leaf extract)	200 mg	†
Resveratrol (from <i>Polygonum cuspidatum</i> (root) extract)	100 mg	†
Barley Grass, organic powder	100 mg	†
Wheat Grass, organic powder	100 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule. **Contains wheat.**

NO ADDITIVES.