

# WOMEN'S LIFE Rx™

# ULTIMATE

THE MOST COMPREHENSIVE, ULTRA-HIGH ANTI-OXIDANT  
MULTI-VITAMIN-MINERAL-CAROTENOID FORMULA

1,000MG OMEGA-3 FATTY ACIDS • 300 MG COQ10/TRUQ10  
300 MG ALPHA LIPOIC ACID • 1,500 MG GLUCOSAMINE  
1,200 MG CHONDROITIN PLUS 52 VITAL NUTRIENTS

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



PROCAPS  
LABORATORIES

ALL-SOLAR  
MANUFACTURING

60 Perma-Fresh Packets™ • 480 Easy-to-Swallow Capsules

**SUGGESTED USE** Consume the contents of two packets daily (8 capsules per packet) with food – preferably at the morning and evening meals. Because this product is non-acidic and pH balanced, you can feel comfortable taking all eight capsules in a packet at one time with a meal; however, for more sensitive stomachs, simply divide the contents of your two packet daily supply for consumption with food, meals or significant snacks throughout the day.

**For answers to questions about the use of this product call 800.800.1200.**

In 1979 **Andrew Lessman** founded **PROCAPS LABORATORIES** – a company committed to creating the world's only 100% pure and scientifically supported products to meet the exacting standards of physicians and other health professionals. Almost 30 years later, **PROCAPS LABORATORIES** continues as the only alternative to the inferior quality and additives typical of conventionally manufactured and sold products. And today, we uniquely and responsibly manufacture all our products using natural solar energy.

**UNSURPASSED.**  
Purity. Quality. Integrity.  
Effectiveness.

**Andrew Lessman**  
Founder of  
PROCAPS LABS



**QUESTIONS? RE-ORDERS?**  
CALL 800.800.1200  
WWW.PROCAPSLABS.COM

PROCAPS  
LABORATORIES

ALL-SOLAR  
MANUFACTURING

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**Andrew Lessman's ULTIMATE LIFE Rx** and his **FOUNDER'S LIFE Rx** represent the pinnacle of the **Life Rx** family of formulas. You hold in your hands the most comprehensive and unique formula of its kind. It is worth taking a look at the Supplement Facts panel to your right to appreciate the unique composition and potency of this remarkable formula. Plus, not only does it contain an unparalleled list of ingredients (more than fifty) at their research-required potencies, but it is manufactured to be 100% pure, containing only the vitamins, minerals, carotenoids and other nutrients listed on the label and *no manufacturing additives of any kind*.

**Ultimate Life Rx** is also produced entirely with solar energy making it not just healthy for your body, but also healthy for our planet. **Ultimate Life Rx** was the first formula of its kind that almost 30 years ago revolutionized multivitamins by combining all the benefits of our ultra-high potency, vitamin-mineral-carotenoid anti-oxidant formula with those of our most popular high potency separate products, such as our **Ultimate Gamma Vitamin E**, **Essential Omega-3** oils from Fish Oils and Flaxseed Oil, **Glucosamine Sulfate**, **Chondroitin Sulfate**, **Biotin**, **Lutein**, **Lycopene**, **Astaxanthin**, **Coenzyme Q-10**, **TruQ10**, **Alpha Lipic Acid**, **Diosmin**, **Phosphatidyl Serine** and many more. **Ultimate Life Rx** eliminates the inconvenience of numerous separate formulas and provides these hard-to-find ingredients at a fraction of their separate purchase prices. **Ultimate Life Rx** comes as an ultra-fine powder in small, soft, easy-to-swallow capsules that, despite its high potency, is guaranteed to be gentle even to the most sensitive stomach. **Ultimate Life Rx** is designed for those who seek something more than an ordinary vitamin by delivering all the benefits desired from a high potency multi-vitamin-mineral formula, along with the most popular separate products without any of the stomach upset, inconvenience and other problems associated with their use.

**Ultimate Life Rx** offers purity, technology and a comprehensive list of ingredients not available from any other product at any price. **Ultimate Life Rx** delivers 58 nutrients, including high levels of all essential vitamins and minerals, plus high potencies of carotenoids, phytonutrients and a multitude of natural antioxidants. **Ultimate Life Rx** is more than an ordinary multivitamin providing separate formula levels of all key nutrients, including 2,000 IU of **Vitamin D** along with exceptional levels of the B-Complex vitamins (50 mg of **B1**, **B2**, **B3**, **B5** and **B6**), 3,000 mcg of **Biotin**, 500 mcg of **B-12** and 800 mcg of **Folic Acid**, plus 2,000 mg of **Vitamin C** from non-acidic Calcium Ascorbate and Ascorbyl Palmitate, along with the powerful anti-oxidant protection of a broad spectrum of carotenoids, such as **Alpha-Carotene**, **Beta-Carotene**, **Lutein** (8,000 mcg), **Lycopene** (8,000 mcg), **Zeaxanthin** (4,000 mcg), **Astaxanthin** (2,000 mcg) and more. Unlike typical one-pill-per-day multivitamins that can never deliver the nutrient levels you truly require in a single tablet, **Ultimate Life Rx** provides an exceptionally comprehensive and high potency list of essential vitamins, minerals and carotenoids that would normally require you to purchase a dozen separate products to equal its potency. **Ultimate Life Rx** goes even further offering a wide array of separate, specialty ingredients that are discussed below that are not all available in any other multivitamin product at any potency level or at any price. In short, no multivitamin respects the scientific literature and your needs better than **Ultimate Life Rx**.

Our **ULTIMATE GAMMA VITAMIN E** formula distinguishes **Ultimate Life Rx** from every other multivitamin in the world delivering a balanced blend of Mother Nature's preferred forms of **Vitamin E** rather than the single, inferior form (Alpha Tocopherol) found in typical multivitamins. Sadly, the **Vitamin E** in virtually all multivitamins comes exclusively as the less beneficial Alpha Tocopherol form. **Ultimate Life Rx** is totally unique providing an ultra-high potency blend (1,200 mg of Total Tocopherols) of all four of the most important forms of natural **Vitamin E** (Gamma, Beta, Delta and Alpha), but focusing on the all important **Gamma Tocopherol** (800 mg). Experts agree that **Vitamin E** is the most protective anti-oxidant vitamin and that by far the most protective form of **Vitamin E** is **Gamma Tocopherol**. Unfortunately, virtually all other multivitamins contain only the less protective Alpha Tocopherol ignoring the research and the benefits provided by the more beneficial and protective **Gamma Tocopherol**.

**Ultimate Life Rx** provides **COENZYME Q-10**, **TruQ10** and **ALPHA LIPOIC ACID** at levels that can only be found in the most expensive, high potency separate formulas. **CoQ10** and **TruQ10** are our most popular separate nutrients as a result of their critical role in all energy production and as unsurpassed anti-oxidants. As a result, and not surprisingly, more than 20 years ago, **CoQ10** was the first separate ingredient we chose to add to our multivitamins. **Ultimate Life Rx** provides 270 mg of **CoQ10** and 30 mg of our new and exclusive **TruQ10**. Together these two molecules offer both natural forms of **CoQ10**, and our new **TruQ10** is scientifically accepted as the actual "working" form of **CoQ10** in the body. **CoQ10** and **TruQ10** are both present at their highest concentrations in the "hardest working" organs in the body (heart, brain, liver and kidneys) and adequate levels are essential for these vital organs to function optimally. **Alpha Lipic Acid (ALA)** is added to **Ultimate Life Rx** because of its complementary anti-oxidant activity with **CoQ10** and its property of being both water and fat soluble, which gives it the unique ability to go everywhere in your body, which is why it is referred to as the "Universal Anti-Oxidant". Our bodies' levels of **CoQ10**, **TruQ10** and **ALA** all decline with

age, stress and the use of certain medicines. Since the ability of our body to produce energy and protect itself from oxidation are the defining elements of good health, no modern multivitamin is complete without the addition of **Coenzyme Q-10**, **TruQ10** and **Alpha Lipic Acid**.

Our **ESSENTIAL OMEGA-3** formula is added to **Ultimate Life Rx** because of the vital role the **Omega-3** oils play in heart, brain, eye and circulatory health. It delivers a uniquely balanced, contaminant-free blend of the **Essential Omega-3** oils from both Fish Oil and Flaxseed Oil – without any fishy aftertaste. Research has consistently shown that diets rich in these **Omega-3** oils are associated with superior heart, brain, eye and circulatory health. Since the **Omega-3** oils cannot be produced by the body, their benefits can only be achieved by daily consumption either by diet or supplementation. Sadly, the American diet is highly deficient in these essential oils making supplementation the only viable option. To deliver the greatest benefits, our **Essential Omega-3** offers higher concentrations of both **Docosahexaenoic Acid (DHA)** and **Eicosapentaenoic Acid (EPA)**. And while most **Omega-3** formulas provide lower levels of eye and brain-supportive **DHA**, we provide extra **DHA** balancing it with **EPA**. The **Omega-3** oils from fish have long been recognized for their remarkable benefits, but they are equally well known for their unpleasant aftertaste and potential contaminants; however, our **Omega-3** oils allow you to enjoy all the benefits of Fish Oils without any fishy aftertaste, mercury or contaminants. Unlike most **Omega-3** formulas, we do not ignore Flaxseed Oil as an exceptional source of the third, plant-based **Omega-3** oil – **Alpha Linolenic Acid**, making it the most complete and problem-free **Omega-3** formula in the world.

Virtually all multivitamins ignore the importance of key carotenoid anti-oxidants because of their expense. **Ultimate Life Rx** on the other hand provides levels and forms of these critical protective nutrients that are only available in extremely costly separate formulas. The amounts of **Lycopene**, **Lutein**, **Zeaxanthin** and **Astaxanthin** found in **Ultimate Life Rx** are not available in any other multivitamin at any price. Recently, multivitamins have begun to add token amounts of **Lutein** and **Lycopene** to their products, but **Ultimate Life Rx** provides 32-times more **Lutein** (8,000 mcg) and more than 24-times more **Lycopene** (8,000 mcg) than the leading brands. These are the optimum levels of **Lycopene** that the research indicates as necessary for the optimal support of vital organs like the heart and breast tissue. Similarly, the delicate structures of the retina, macula and lens of the eye require the unparalleled protection of these higher levels of **Lutein** and even more importantly **Zeaxanthin**, which is sadly ignored by other multivitamin manufacturers. We further protect the tissues of the eyes and support night vision by including high levels of our unique **Bilberry** extract, along with **Quercetin**, **Hesperidin** and other key Flavonoids that support healthy circulation to systems and organs throughout our body. These same vital plant compounds work with **Diosmin**, the key ingredient from our **Circulation & Vein Benefits for Healthy Legs (Circa)** formula to insure that those normal, yet unpleasant, age-related changes in circulation do not take too great a toll on the hard working blood vessels of our feet, ankles and calves.

Like any multivitamin, **Ultimate Life Rx** provides the **Calcium**, **Magnesium** and most importantly the **Vitamin D** (2,000 IU) necessary to build and maintain a healthy skeleton; however, without healthy joints, a skeleton cannot function on its own. We therefore deliver full research-proven potency levels of the most important joint compounds, exclusively in their all-important Sulfate forms: **Glucosamine Sulfate** (1,500 mg) and **Chondroitin Sulfate** (1,200 mg). Joint tissue is composed of these vital compounds and they are totally unavailable even from the healthiest diet. Given a lifetime of wear and tear on our joints, it is only common sense to supplement these vital raw materials. We also include our exclusive **Soluble Organic Silicon** to ensure the greatest benefits for the elasticity of our joints, skin and circulatory tissues.

**Ultimate Life Rx** is also a pleasure to use, since it does not employ difficult to digest tablets and instead comes as a 100% pure, additive-free, ultra-fine powder in small, soft, easy-to-swallow capsules. These micro-granulated powders are pH balanced and non-acidic to most efficiently deliver their benefits while also being gentle even to the most sensitive stomach.

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.

## THE PERFECT PACKET.

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

Our new Purple Packet is our most advanced Perma-Fresh Packet, offering you even more perfectly protected product under all conditions. To retain potency, vitamins must be protected from light, moisture and oxygen and the clear packets found with typical vitamins fail miserably to do so. Our newly developed Purple Packets are constructed from multiple layers of specialized materials to safeguard our vitamins from damaging light, moisture and oxygen. For decades, our Perma-Fresh Foil Packet has set the standard for vitamin protection and today, our new Purple Perma-Fresh Packet takes the quality of our products to unimaginable levels, giving your investment in your health the protection it deserves.



## Supplement Facts

Amount Per Serving	Serving Size 2 Packets (12 Powder - 4 Liquid Capsules) Servings Per Container 30	%DV*
Vitamin A (as alpha and beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	2 g (2,000 mg)	3333%
Vitamin D <sub>3</sub> (as cholecalciferol)	2,000 IU	500%
Vitamin E (as total natural tocopherols)(liquid)	1.2 g (1,200 mg)	
as natural gamma tocopherol	800 mg	
as natural alpha tocopherol	200 IU (134 mg)	667%
as natural beta/delta tocopherol	266 mg	
Vitamin B <sub>1</sub> (as thiamin hydrochloride)	50 mg	3333%
Vitamin B <sub>2</sub> (as riboflavin)	50 mg	2941%
Niacin (as niacinamide/chromium nicotinate)	50 mg	250%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin)	500 mcg	8333%
Biotin	3 mg (3,000 mcg)	1000%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (as ascorbate/citrate/malate/carbonate/pantothenate)	500 mg	50%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc citrate)	30 mg	200%
Selenium (as methionate/sodium selenite)	200 mcg	286%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as boron glycinate)	1 mg (1,000 mcg)	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Silicon (as silicon dioxide/Soluble Organic Silicon-SOS)	10 mg	†
Lutein	8 mg (8,000 mcg)	†
Lycopene	8 mg (8,000 mcg)	†
Zeaxanthin	4 mg (4,000 mcg)	†
Astaxanthin	2 mg (2,000 mcg)	†
Phytoene - Phytofluene	1.5 mg (1,488 mcg)	†
Coenzyme Q-10 (Natural Ubiquinone)	270 mg	†
TruQ10 (Natural Ubiquinol - Activated CoQ10)	30 mg	†
Alpha Lipic Acid	300 mg	†
Phosphatidyl Serine	300 mg	†
Glucosamine Sulfate	1.5 g (1,500 mg)	†
Chondroitin Sulfate	1.2 g (1,200 mg)	†
Diosmin	600 mg	†
Citrus Bioflavonoid Complex, (fruit) standardized to 80% bioflavonoids	200 mg	†
Hesperidin	60 mg	†
Quercetin	200 mg	†
Bilberry, extract (fruit) standardized to 25%/10% anthocyanins	100 mg	†
<b>Total Omega-3 Fatty Acids</b>	1 g (1,000 mg)	†
<b>Fish/Flaxseed Oil</b> (anchovy, mackerel, sardine, tuna)	1.7 g (1,748 mg)	†
Eicosapentaenoic Acid (EPA) (Omega-3)	450 mg	
Docosahexaenoic Acid (DHA) (Omega-3)	450 mg	
alpha-Linolenic Acid (Omega-3)	100 mg	
Peppermint - Spearmint, oil (leaf)	25 mg	†

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established.  
Other Ingredients: Soft-gelatin capsule (Gelatin, Glycerin); Gelatin capsule.  
CONTAINS an ingredient derived, purified and refined from the shells of shellfish (shrimp, crab and crawfish).

**CONTAINS NO ADDITIVES OF ANY KIND**