

**SETTLEMENT AGREEMENT AND RELEASE**

This Settlement Agreement and Release (this "Agreement") between Environmental Research Center, Inc. ("ERC") and Your Vitamins, Inc. dba ProCaps Laboratories ("ProCaps") is made effective on the date ERC provides notice to ProCaps that the Agreement is fully executed (the "Effective Date"). ERC and ProCaps are hereinafter referred to individually as a "Party" and collectively as the "Parties." The Parties agree as follows:

1. This Agreement is intended to fully resolve all claims, demands, and allegations set forth in, or which could have been set forth in, or related to the Notice of Violation of California Health & Safety Code §25249.5, *et seq.* ("Proposition 65")<sup>1</sup> that ERC served on ProCaps on August 29, 2014 (the "Notice") with regard to each of the products as set forth in the Notice (referred to hereinafter individually as a "Covered Product" or collectively as the "Covered Products"), collectively, the "Claims":

- **ProCaps Laboratories All-Solar Manufacturing Secure Complete Meal Replacement Peanut Butter**
- **ProCaps Laboratories All-Solar Manufacturing Daily Fiber Benefits Lemon-Lime Flavor**
- **ProCaps Laboratories All-Solar Manufacturing Complete Joint Effort**
- **ProCaps Laboratories All-Solar Manufacturing CholestaCare Plus Fibermucil**
- **ProCaps Laboratories All-Solar Manufacturing Fibermucil**
- **ProCaps Laboratories All-Solar Manufacturing Glucosamine Sulfate-1500**
- **ProCaps Laboratories All-Solar Manufacturing Maximum Joint Effort**
- **ProCaps Laboratories All-Solar Manufacturing Glucosamine with Chondroitin**
- **ProCaps Laboratories All-Solar Manufacturing Women's Life Rx Andrew Lessman's Founder's.**

2. The Parties enter into this Agreement to settle the Claims and to avoid litigation. By entering into this Agreement neither Party admits any fact, issue of law, or violation of law. ProCaps expressly denies it violated any law by selling Covered Products to California consumers. The Parties agree that this Section shall not diminish or otherwise affect the obligations, responsibilities, and duties of the Parties under this Agreement.

3. In consideration of the following covenants contained in this Agreement, the Parties agree as follows:

a. Beginning on the Effective Date, ProCaps shall not manufacture for sale to consumers in the State of California, "Distribute into the State of California," or directly sell in the State of California (excepting products transshipped through the state and not sold to California consumers), any Covered Product which exposes a person to a "Daily Lead Exposure Level" of more than 0.5 micrograms, of lead per day when taken as directed on the Covered

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<sup>1</sup> The Parties intend that references to "Proposition 65" herein include the statute and its implementing regulations.

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Product's label unless a "clear and reasonable" warning within the meaning of Proposition 65 is provided. The following warning shall be deemed "clear and reasonable" under this Agreement:

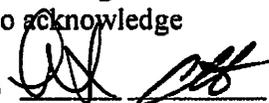
**"WARNING: This product contains lead, a chemical known to the State of California to cause [cancer and] birth defects or other reproductive harm."**

The Parties agree that proposed amendments to Proposition 65, if adopted, may compel or allow certain warning text, and that nothing in this Agreement shall require ProCaps to act contrary to law, and that, if Proposition 65 is amended to require or allow a change to the warning text, ProCaps may utilize the wording required or allowed by any such amendments.

- i. As used in this Agreement, the term "Distribute into the State of California" shall mean to directly ship a Covered Product into California for retail sale in California or to sell a Covered Product to a distributor that ProCaps knows will sell the Covered Product in California.
- ii. For the purposes of this Agreement the term "Daily Lead Exposure Level" shall mean the following: micrograms of lead per gram of product, multiplied by grams of product per serving of the product, multiplied by the recommended serving or servings on the label of the product for a single day, which equals micrograms of lead exposure per day. For the avoidance of doubt, the serving size stated on the "Supplement Facts" panel, exemplars of which are attached hereto as Exhibit A, shall be deemed the relevant serving size for purposes of this Agreement.
- iii. The phrase "cancer and" must be included in the warning only if the Daily Lead Exposure Level exceeds 15 micrograms.

b. If a warning is required, ProCaps may elect to warn on the product or its immediate packaging, or on an invoice, or via the internet, as set forth herein. The warning statement required by Section 3b. shall be prominent and displayed securely on either the cap, the unit packaging, the label or by a sticker securely affixed to the Covered Product, on the invoice, or on the website with such conspicuousness, as compared with other words, statements, or designs so as to render it likely to be read and understood by an ordinary individual. The warning shall be at least the same size as the largest of any other health or safety warnings correspondingly appearing on the cap, label, container, invoice or website as applicable, and the word "WARNING" shall be in capital letters and in bold print. For invoice warnings, ProCaps shall include a "clear and reasonable" warning on invoices of shipments of Covered Products sent to California addresses. The warning on the invoice shall be near either the individual Covered Product to which the warning applies or near the total cost of the order. If near the total cost of the order, then the specific Covered Products to which the warning applies shall be identified. ProCaps agrees California consumers may return any Covered Product without charge to the consumer if the consumer rejects the Covered Product due to the Proposition 65 warning. For internet warnings, ProCaps shall tender a "clear and reasonable" warning to internet purchasers who supply a California shipping address, so long as the warning is delivered prior to completion of check out in a manner which requires the purchaser to acknowledge

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receipt. Nothing in this Agreement shall require ProCaps to tender warnings in a manner contrary to law.

c. ProCaps represents that, in response to ERC's issuance of the Notice of Violation, it has invested in the installation and operation of laboratory testing equipment, including the hiring of new personnel, to conduct lead testing. ProCaps shall test the Covered Products, or ingredients therein, for lead in the ordinary course of business in accordance with a sampling program, which program may be adjusted from time to time. ProCaps has expended approximately \$210,886.00 on testing equipment, set up, training and associated start up expenses for a total budget of \$342,585.00 for heavy metals testing in 2015. The costs which will incur annually are approximately \$82,500.00 for a chemist's annual salary, \$7,300.00 for management supervision, \$35,920.00 for overhead, maintenance and associated laboratory operating costs and \$5,979.00 for gases, reagents and other laboratory materials. The Parties agree these expenditures directly benefit consumers in the State of California.

d. Nothing in this Agreement shall preclude ProCaps from asserting any and all applicable defenses available to it in any future proceeding by any person under Proposition 65 or otherwise, including without limitation any defense available under 27 Cal. Code Reg. Section 27501, or any defense based on the actual frequency of consumer use of any Covered Product. ERC agrees in its capacity as a private enforcer that compliance with this Agreement constitutes compliance with Proposition 65 with respect to the Covered Products. Nothing in this Section 3.d. shall impair enforcement of this Agreement in accordance with its terms.

4. ProCaps shall make a total settlement payment of \$59,000.00 ("Total Settlement Payment") by wire transfer to ERC's escrow account within 5 days of the Effective Date, for which ERC will give ProCaps the necessary account information. The Total Settlement Payment shall be allocated as follows and ERC agrees to disburse the amounts to the payees within fifteen (15) days of receipt:

a. \$38,327.38 shall be considered a civil penalty pursuant to California Health and Safety Code §25249.7(b)(1). ERC shall remit \$28,745.54 (75%) of the civil penalty to the Office of Environmental Health Hazard Assessment ("OEHHA") for deposit in the Safe Drinking Water and Toxic Enforcement Fund in accordance with California Health and Safety Code §25249.12(c). ERC will retain the remaining \$9,581.84 (25%) of the civil penalty.

b. \$3,420.17 shall be considered a reimbursement to ERC for its costs incurred as a result of bringing this matter to ProCaps' attention and negotiating a settlement.

c. \$17,252.45 shall be considered reimbursement of all attorney fees and costs for purposes of this Agreement; the distribution of these funds will be \$10,800.00 to Michael Freund and \$6,452.45 to ERC.

d. In the event that ProCaps fails to remit the Total Settlement Payment owed under Section 4 of this Settlement Agreement on or before the due date, ProCaps shall be deemed to be in material breach of its obligations under this Agreement; provided, however, that ERC shall

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provide written notice if it does not timely receive the payment and if a cure is effected in three business days after notice of the breach ERC shall take no further action respecting the breach.

5. Except as expressly set forth in Section 4, the Parties shall bear their own costs, expenses, and attorneys' fees related to the Notice and this Agreement.

6. **Binding Effect; Claims Covered and Released**

a. ERC, on behalf of itself and its respective owners, principals, shareholders, officers, directors, employees, agents, parents, subsidiaries, successors, assigns, and legal representatives fully releases ProCaps and its respective owners, principals, shareholders, officers, directors, employees, agents, parents, subsidiaries, successors, assigns, and legal representatives, and its ingredient or product suppliers, importers, manufacturers, distributors and retailers from any and all claims for any violations of Proposition 65, expressly including the Claims, respecting the Covered Products up through and including the Effective Date.

b. The Parties, on behalf of themselves and their respective owners, principals, shareholders, officers, directors, employees, agents, parents, subsidiaries, successors, assigns, and legal representatives, further waive and release any and all claims they may have against each other for all actions taken or statements made or undertaken in the course of seeking or opposing enforcement of Proposition 65 in connection with the Notice and this Agreement up through the Effective Date.

c. It is possible that other claims not known to ERC arising out of the facts alleged in the Notice and relating to the Covered Products or with other dietary supplements manufactured, distributed or sold by ProCaps will develop or be discovered. ERC in its capacity as a private enforcer only releases all such claims and acknowledges that this Settlement Agreement is expressly intended to cover and include all such claims up through and including the Effective Date, including all rights of action therefore, and further acknowledges that the claims released in Section 6 may include unknown claims, and nevertheless waives California Civil Code section 1542 as to any such unknown claims. California Civil Code section 1542 reads as follows:

**A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM OR HER MUST HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR.**

ERC in its capacity as a private enforcer only acknowledges and understands the significance and consequences of this specific waiver of California Civil Code Section 1542. ERC also represents and warrants that ERC has no pending investigations under Proposition 65 respecting ProCaps products other than the Covered Products.

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7. ERC covenants not to sue ProCaps in any proceeding alleging a violation of Proposition 65 during the term of this Agreement, excepting enforcement of this Agreement. This covenant not to sue encompasses Covered Products and non-Covered Products. This Agreement shall terminate eighteen (18) months after the Effective Date; provided, however, as to any Covered Product ProCaps discontinues and ceases to sell to California consumers prior to the expiration date, this Agreement shall continue in effect until the expiration of the statute of limitations governing any claim respecting such discontinued product. If requested in writing after termination of this Agreement, ProCaps shall provide ERC with the last lot number and expiration date for each of the Covered Products manufactured as of that date, as necessary for ERC to verify compliance.

8. Nothing herein shall be construed as diminishing ProCaps' continuing obligations to comply with Proposition 65.

9. In the event ERC alleges that any Covered Products fails to comply with the terms of this Agreement, then ERC shall inform ProCaps' in a reasonably prompt manner of its test results, including information sufficient to permit ProCaps to identify the Covered Products at issue. ProCaps shall, within thirty days following such notice, provide ERC with testing information and any other necessary information demonstrating compliance with the Consent Judgment. The Parties shall first attempt to resolve the matter prior to ERC taking any further legal action.

10. After execution of this Agreement, ERC will submit to the California Attorney General a Report of Settlement. In addition, ERC will provide to the California Attorney General a signed copy of this Agreement.

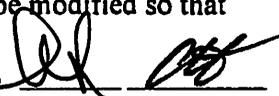
11. This Agreement contains the entire agreement between the Parties with regard to settlement of the Notice and Claims, and the additional claims released herein, and supersedes all prior or contemporaneous agreements or understandings, written or oral, with regard to the matters set forth in this Agreement. This Agreement may be amended or modified in whole or in part at any time only by an agreement in writing executed by the Parties.

12. This Agreement shall be binding upon and shall inure to the benefit of the Parties and their respective owners, principals, shareholders, members, managers, officers, directors, employees, agents, successors, and assigns.

13. No inference, assumption or presumption shall be drawn, and no provision of this Agreement shall be construed for or against either of the Parties, based upon the fact that one of the Parties and/or one of the Parties' attorneys prepared and/or drafted all or any portion of this Agreement. It is conclusively presumed that the Parties participated equally in the preparation and drafting of this Agreement.

14. If any provision, term, or section of this Agreement is found to be invalid, illegal, or unenforceable, then all remaining provisions, terms, or sections shall continue in full force and effect and remain binding on the Parties. If any provision, term, or section of this Agreement is determined to be unenforceable, then such provision, term, or section may be modified so that

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the unenforceable provision, term, or section is enforceable to the greatest extent possible.

15. This Agreement shall be deemed to have been entered into in the State of California, and governed and interpreted by the laws of the State of California, regardless of the physical locations of the individuals executing this Agreement at the time of execution.

16. The Parties acknowledge that they have a right to consult an attorney and they have consulted their attorneys with respect to the terms and conditions of this Agreement. The Parties further acknowledge that they fully understand this Agreement and the effect of signing and executing this Agreement.

17. The Parties are entering into this Agreement in good faith and in an effort to settle all Claims related to the Notice and as otherwise expressly set forth herein..

18. Any legal action to enforce this Agreement shall be brought in Alameda County of the State of California. which is deemed to be the proper venue for such legal action.

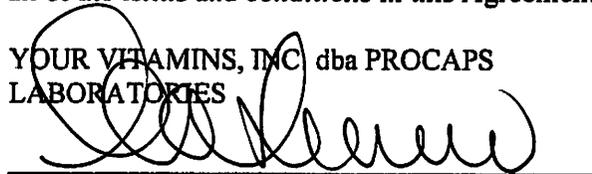
19. This Agreement may be signed in counterparts, and each counterpart, as well as any facsimile, e-mail, copy of this Agreement, or any other counterpart, shall be deemed to be an original.

20. Each of the individuals who execute this Agreement represents and warrants he or she has the authority to execute this document and bind the respective Parties to the terms and conditions of this Agreement, and have read all of the terms and conditions in this Agreement.

DATED: 5-29-15

YOUR VITAMINS, INC dba PROCAPS  
LABORATORIES

By:



Title: C.E.O.

DATED: 5/22/15

ENVIRONMENTAL RESEARCH CENTER, INC.

By:

  
Chris Heptinstall, Executive Director

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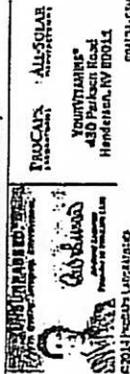
# EXHIBIT A



**SUGGESTED USE:** Mix one scoop of SECURE in 8 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious "smoothie" by adding non-fat yogurt, juice, ice and fresh or frozen fruit. SECURE provides a protein-rich, low fat and reduced carbohydrate meal, snack or dessert replacement that fits perfectly into any weight-management plan. SECURE is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one's weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of Anvaros Laxson's multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.808.7311.

This product is sold by weight, not by volume. It contains the indicated active ingredient. Settling of contents can occur during shipment.

**TO REORDER CALL 800.944.9999**  
 Form #78613 - Choose from 8 Flavors and 4 Sizes  
 Vanilla, Chocolate, Lemon, Pineapple, Wild Berry and  
 Peanut Butter in 24, 30, 40 and 100 Serving Sizes.  
 Also available in bulk.



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© **PERMANENT ENERGY**

# SECURE

COMPLETE MEAL REPLACEMENT

ONLY 74 CALORIES • LOW FAT • LOW SODIUM  
 26 VITAMINS AND MINERALS • 250 MG CALCIUM • 7 GRAMS SOY PROTEIN



PRO-CAPS  
 LABORATORIES

43.4 oz (12.7 lb) (1.2 kg) • 60 Servings

©

SECURE is a great tasting peanut butter shake that, at less than 75 calories, also happens to be a highly nutritious ultra-low calorie meal replacement delivering 26 vitamins and minerals, as well as a healthy source of protein and fiber. Each delicious and satisfying serving contains only 74 calories and delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", SECURE delivers only 6 grams of carbohydrate with 2 grams of healthy fiber. Plus, SECURE provides between 50% and 200% of the RDA of 11 essential vitamins, plus 14 vital minerals, including 250 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality non-animal protein available today, possessing an extensive list of research studies attesting to its myriad health and weight-loss benefits. SECURE makes it easier to enjoy a reduced caloric intake, while also providing an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. SECURE is designed to be the best tasting, lowest calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrates or fat you seek to avoid. Nutrient-rich SECURE is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but SECURE's great taste and ultra-low calorie content makes it easy and enjoyable.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, cure, treat, or prevent any disease. SECURE is not a meal replacement for children. SECURE is not intended to be used as a meal replacement for children. SECURE is not intended to be used as a meal replacement for children. SECURE is not intended to be used as a meal replacement for children.



## Nutrition Facts

Amount Per Serving		% Daily Value*
<b>Total Protein</b>		
7g		14%
<b>Total Fat</b>		
1g		2%
<b>Total Carbohydrate</b>		
6g		12%
<b>Fiber</b>		
2g		8%
<b>Sugar</b>		
0g		0%
<b>Sodium</b>		
100mg		2%
<b>Calcium</b>		
250mg		50%
<b>Vitamin A</b>		
1000IU		20%
<b>Vitamin B1</b>		
100%		100%
<b>Vitamin B2</b>		
100%		100%
<b>Vitamin B3</b>		
100%		100%
<b>Vitamin B6</b>		
100%		100%
<b>Vitamin B12</b>		
100%		100%
<b>Vitamin C</b>		
100%		100%
<b>Vitamin E</b>		
100%		100%
<b>Vitamin K</b>		
100%		100%
<b>Iron</b>		
100%		100%
<b>Zinc</b>		
100%		100%
<b>Copper</b>		
100%		100%
<b>Magnesium</b>		
100%		100%
<b>Phosphorus</b>		
100%		100%
<b>Potassium</b>		
100%		100%
<b>Selenium</b>		
100%		100%
<b>Manganese</b>		
100%		100%
<b>Niacin</b>		
100%		100%
<b>Thiamin</b>		
100%		100%
<b>Riboflavin</b>		
100%		100%
<b>Pantoic Acid</b>		
100%		100%
<b>Biotin</b>		
100%		100%
<b>Folate</b>		
100%		100%
<b>Choline</b>		
100%		100%
<b>Inositol</b>		
100%		100%
<b>Cholesterol</b>		
100%		100%
<b>Saturated Fat</b>		
100%		100%
<b>Trans Fat</b>		
100%		100%
<b>Total Cholesterol</b>		
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<b>Total Saturated Fat</b>		
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<b>Total Trans Fat</b>		
100%		100%
<b>Total Fat</b>		
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<b>Total Protein</b>		
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<b>Total Carbohydrate</b>		
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<b>Fiber</b>		
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<b>Sugar</b>		
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<b>Phosphorus</b>		
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<b>Selenium</b>		
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<b>Manganese</b>		
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<b>Niacin</b>		
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<b>Thiamin</b>		
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<b>Riboflavin</b>		
100%		100%
<b>Pantoic Acid</b>		
100%		100%
<b>Biotin</b>		
100%		100%
<b>Folate</b>		
100%		100%
<b>Choline</b>		
100%		100%
<b>Inositol</b>		
100%		100%
<b>Cholesterol</b>		
100%		100%
<b>Saturated Fat</b>		
100%		100%
<b>Trans Fat</b>		
100%		100%
<b>Total Cholesterol</b>		
100%		100%
<b>Total Saturated Fat</b>		
100%		100%
<b>Total Trans Fat</b>		
100%		100%
<b>Total Fat</b>		
100%		100%

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**SUGGESTED USE** The natural, fiber-rich contents of this product are gentle, but highly effective. Mix one scoop with 4 to 8 oz. of water and drink promptly. For best results, start gradually or as directed by a health care professional. This natural product is most effective as part of a healthy, fiber-rich diet and active lifestyle, along with one of Andrew Lessman's multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.800.1200.

**NOTICE** This product should be taken with at least a full glass of liquid. Consuming this product without adequate fluid may cause choking. Do not use this product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, elevations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, wheat or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine. This package is sold by weight only by volume. It contains the net weight indicated on the label. Settling of contents can occur during shipment.



QUESTIONS? RE-ORDER?  
CALL 800.800.1200

WWW.PROCAPS.LABS.COM

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LABORATORIES

ALL-SOLAR  
MANUFACTURING

4307 Parker Road • Henderson, NV 89011

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# DAILY FIBER BENEFITS

LEMON-LIME FLAVOR • PSYLLIUM HUSK - OAT FIBER  
FRUIT PECTINS • LACTOBACILLUS FRIENDLY FLORA



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MANUFACTURING

25.4 oz (1.6 lb) (720 kg) • 120 Servings

Andrew Lessman's DAILY FIBER BENEFITS is a comprehensive, all-natural fiber internal cleanser formulated for daily use. It is designed to support and maintain the health of several different internal systems. Daily Fiber Benefits is a unique blend of 6 different sources of fiber, providing both soluble and insoluble (bulk) fiber. In addition to offering the benefits of fiber from Psyllium Husk, Oat, Apple, Grapefruit and Guar, it also contains Lactobacillus sporogenes, to support a healthy gastrointestinal tract.

Dietary fiber provides a myriad of healthful benefits and is often overlooked as an important component in the American diet. The insoluble (bulk) fiber in this product also helps to "scoop" the digestive tract, removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and as a result can help remove digestive by-products sooner. Fiber can also provide a natural feeling of fullness to support most diet plans, while the Apple and Grapefruit pectins, when taken in combination with a healthy diet, also help to maintain healthy blood sugar and cholesterol levels already within the normal range. We include L. sporogenes to support the beneficial proliferation of the healthy bacteria in your intestines. The natural flora (good bacteria) in the GI tract also provides additional health benefits, which include supporting the absorption of vital nutrients.

## Supplement Facts

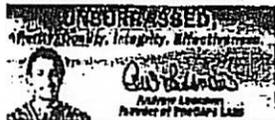
Serving Size: 1 Scoop (6g)		Amount Per Serving	
Contains 120 Servings			%DV*
Total Carbohydrate	10g		20%
Dietary Fiber	2g (100%)		4%
Soluble Fiber	1.2g (100%)		2%
Insoluble Fiber	0.8g (100%)		1%
Zinc	3g		3.0%
Phytol, Acetyl Choline	300mg		300%
Agee Fiber Seal Peatin	300mg		300%
Citrus Fruit Pectin	300mg		300%
Apple Gum	300mg		300%
Lactobacillus sporogenes	60 Million CFU		60%

Daily Fiber Benefits not only provides the fiber that is so often lacking in our modern diet, but also delivers our beneficial flora to support the health of the gastrointestinal tract and several other internal organs and systems.

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, sulfites, salt, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coloring, diluent, flowing agent, common allergens, color or preservatives.

**SUGGESTED USE** Consume one or more capsules daily with food or as directed by a health care professional. According to clinical studies, optimum results are achieved by consuming the contents of one packet (four capsules) daily with meals. This product is most effective as part of a healthy diet and active lifestyle, along with one of Andrew Lessman's multi-vitamin/mineral formulas. For answers to questions about the use of this product call 800.808.7311.



You can change shipment dates, upgrade or cancel your AutoShip by visiting [H3N.com](http://H3N.com) or calling 800.844.8999

**PROCAPS** LABORATORIES      **ALL-SOLAR** MANUFACTURING

430 Parkton Road • Henderson, NV 89011  
2018-04-10 10:10 AM      80081A000

**ALL-SULFATE SODIUM-FREE-ULTRA-MILD**

# COMPLETE JOINT EFFORT

1,500MG GLUCOSAMINE SULFATE  
1,200MG CHONDROITIN SULFATE



**PROCAPS** LABORATORIES      **ALL-SOLAR** MANUFACTURING

60 Perma-Fresh Packets™ • 240 Easy-to-Swallow Capsules

Andrew Lessman's COMPLETE JOINT EFFORT is a Sodium-Free formula providing the optimum potency and the ideal forms (All Sulfate) of the most important ingredients for the maintenance and repair of healthy joint tissue. This unique formula begins with the research-recommended levels of the two clinically-established natural ingredients for joint health: Glucosamine Sulfate (1,500 mg) and Chondroitin Sulfate (1,200 mg). These two ingredients are not medicines, but the vital structural molecules that are required for our joints to retain their elasticity and healthy structure as we age. Glucosamine is always the first line of joint defense, but unlike ordinary joint products, we refuse to use unproven Glucosamine HCl (Hydrochloride). We only use the form of Glucosamine established in thousands of studies – Glucosamine Sulfate. Also unique is our special form of Sodium-Free Chondroitin Sulfate, which eliminates the Sodium present in other joint products. Our special Calcium Chondroitin Sulfate eliminates the risks of Sodium and instead provides the benefits of 80 mg of essential Calcium. Sadly, typical joint products use inferior sources of both Glucosamine and Chondroitin. Ordinary Glucosamine HCl does not possess the benefits of the research-established Glucosamine Sulfate while common Sodium Chondroitin Sulfate can adversely affect blood pressure and heart health by delivering unwanted Sodium. Glucosamine and Chondroitin are the "bricks and mortar" of our joints, without which our body cannot create, maintain and repair joint tissue. By providing these two essential structural molecules in their optimum Sulfate form and at their ideal potency, we deliver maximum benefits to joint structure, health and function. No other body part endures more daily abuse than our joints and Complete Joint Effort delivers the proper tools to help combat and repair the consequences of a lifetime of wear and tear. Best of all, Complete Joint Effort is uniquely All Sulfate, Sodium-Free and Additive-Free making it unlike any joint product in the world.

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, corn, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, acidulant, lubricant, coating, diluent, flow agent, color, flavor, sweetener or preservative.

**CONTAINS NO ADDITIVES OF ANY KIND.**

### THE PERFECT PACKET™

The Perma-Fresh Packet™. The Only Packet™ Worth of Our 100% Pure Ingredients. Our Perma-Fresh Packet™ is our most advanced packaging innovation to retain potency, maximize moisture protection from light, moisture and oxygen and last longer. Our Perma-Fresh Packet™ is made from multiple layers of specialized materials to help you stay healthy. Perma-Fresh Packet™ is made from multiple layers of specialized materials to help you stay healthy. Perma-Fresh Packet™ is made from multiple layers of specialized materials to help you stay healthy.

### Supplement Facts

Perma-Fresh Packet (4 Capsules)	Serving Per Container (60)
Amount Per Serving	%DV*
Vitamin C (as ascorbyl palmitate)	10mg 17%
Calcium (from calcium chondroitin sulfate)	80mg 16%
Glucosamine Sulfate	200mg 73%
Chondroitin Sulfate (from sodium chondroitin sulfate)	1,200mg 100%

\*Percent Daily Values are based on a diet of other people's secrets. ©2018 ProCaps Laboratories. All rights reserved.



**REQUESTED USE** The natural, fiber-rich contents of this product are gentle, but highly effective. For best results, start gradually and consume with food and with adequate fluid or as directed by a health care professional. This natural product is most effective as part of a healthy, fiber-rich diet and active lifestyle, along with one of ANDREW LESSMAN'S multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.808.7311.

**NOTE:** All fiber products should be taken with a full glass of liquid. Consuming any fiber product without adequate fluid may cause choking. Do not use this or any fiber product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, constipation may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.



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NATURALLY GENTLE PURE PSYLLIUM FIBER

# FIBERMUCIL™

NATURAL PSYLLIUM FIBER IN SMALL CAPSULES

RICH IN WATER-SOLUBLE AND BULK FIBER  
PLUS LACTOBACILLUS FRIENDLY FLORA



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160 Easy-to-Swallow Capsules

Andrew Lessman's **FIBERMUCIL** is all-natural, 100% pure, encapsulated Psyllium Husk powder from the high-fiber Indian plant *Plantago ovata*. It contains no additives of any kind and provides an unparalleled natural source of both water-soluble fiber and bulk fiber. It comes in small, easy-to-swallow capsules and there are no colors or flavors, unlike most fiber beverages. Dietary fiber provides a myriad of health benefits and is generally considered the most overlooked component in the American diet. In fact, the unique properties of the soluble fiber in this product can help to maintain and support healthy blood cholesterol levels already in the normal range. It is well established in the scientific literature that daily consumption of healthy soluble fiber, such as that found in **Fibermucil**, is one of the easiest methods of supporting heart health. Plus, the insoluble (bulk) fiber in this natural product helps to "scur" the digestive tract removing undigested food, debris, and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and as a result can help remove digestive by-products sooner and most importantly, naturally helps to support the "regularity" we all seek. Scientific studies consistently demonstrate the long-term health benefits of a high-fiber diet and it is well established that adequate fiber intake is vital for maintaining the optimal functioning of the digestive system. Moreover, when taken with meals, fiber can also provide a natural feeling of fullness to support most weight-loss plans. **Fibermucil** also includes *Lactobacillus sporogenes* to help maintain a balance of beneficial flora in your intestines, which supports nutrient absorption and the overall health of the GI tract. Andrew Lessman's **Fibermucil** provides a convenient and easy-to-swallow source of the vital fiber that is so lacking from our diet, yet is so essential for our good health and regularity. 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, OR cholesterol. Color, preservative, contains allergens or animal-derived products. **Other ingredients:** Gellan gum capsule.

### Supplement Facts

Amount Per Serving	% Daily Value*
Total Soluble Fiber	1.6g
Dietary Fiber	1.1g (2.2%)
Soluble Fiber	0.9g (1.8%)
Insoluble Fiber	0.2g (0.4%)
Psyllium, powder (highly purified)	1.6g
Lactobacillus sporogenes	1.3g
Total Daily Value (100%)	3.5 Million CFU

**CONTAINS NO ADDITIVES OF ANY KIND.**

**SUGGESTED USE** To achieve the optimum nutrient levels established by the clinical research, consume the contents of one packet (5 capsules) daily with food. These five capsules can be taken all at one time or divided throughout the day with food. Maximum Joint Effort is most effective as part of a healthy diet and active lifestyle, along with one of ANDREW LESSMAN's multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.808.7311.



You can change shipment dates or cancel your AutoShip by visiting [HSH.com](http://HSH.com) or calling 800.944.9999.

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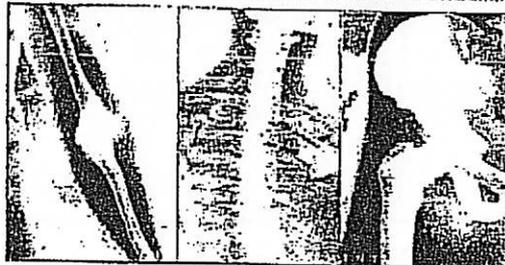
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**ALL-SULFATE • SODIUM-FREE • ULTRA-MILD**

# MAXIMUM JOINT EFFORT

1,500 MG GLUCOSAMINE SULFATE

1,200 MG CHONDROITIN SULFATE • M.S.M. • CURCUMIN



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

Andrew Lessman's MAXIMUM JOINT EFFORT is our most comprehensive formula providing optimum potassium and the ideal forms (All Sulfate and Sodium-Free) of the key ingredients for the maintenance and repair of healthy joint tissue. This unique formula begins with clinically-established levels and ideal forms (All Sulfate and Sodium-Free) of the two most important and well-researched natural ingredients for joint health: Glucosamine Sulfate (1,500 mg) and Chondroitin Sulfate (1,200 mg). Given the importance of Sulfur to joint structure and function, we then add 1,000 mg of organic sulfur from MSM (Methylsulfonylmethane). Because Turmeric (Curcumin) has such a long list of benefits throughout the body, particularly its centuries-old soothing role for our overworked joints, we also add 100 mg of our uniquely activated, and protected, Curcumin-Phospholipid Complex. Glucosamine and Chondroitin have been the subject of thousands of published articles and extensive international recognition; however, they are not medicines to treat joint ailments, but more importantly, represent the vital molecules that comprise the structure of all our joints - healthy or not.

Glucosamine Sulfate is always the first line of joint defense, but unlike ordinary joint products, we refuse to use cheaper, unproven Glucosamine HCl (Hydrochloride). We only use the form of Glucosamine established in the scientific literature - Glucosamine Sulfate. Also unique is our special form of Sodium-Free Chondroitin Sulfate, which eliminates the Sodium often present in other joint products. Our special Calcium Chondroitin Sulfate eliminates the risks of Sodium and instead provides the benefits of 80 mg of essential Calcium. Sadly, typical joint products use inferior sources of both Glucosamine and Chondroitin. Ordinary Glucosamine HCl does not possess the research-established benefits of Glucosamine Sulfate while common Sodium Chondroitin Sulfate can adversely affect blood pressure and heart health by delivering unwanted Sodium. In short, Glucosamine, Chondroitin and the Sulfur from their Sulfate forms, as well as from MSM, all provide the essential structural ingredients that make up the "building blocks" or the very "bricks and mortar" of our joints. By providing these essential structural molecules in their optimum forms and at their ideal potencies, we deliver maximum benefits to joint structure, health and function. No other body part endures more daily use and abuse than our joints and Maximum Joint Effort delivers the proper tools to help combat and repair the consequences of a lifetime of wear and tear. Best of all, Maximum Joint Effort is uniquely All Sulfate, Sodium-Free and Additive-Free making it unlike any joint product in the world.

Each packet contains 5 capsules. Each capsule contains 150 mg of Glucosamine Sulfate, 120 mg of Chondroitin Sulfate, 100 mg of MSM, and 20 mg of Curcumin-Phospholipid Complex. Contains no yeast, soy, wheat, corn, wheat, gluten, sodium, salt, sugar, starch, talc, dyes, or artificial colors, flavors, or preservatives.

CONTAINS NO ADDITIVES OF ANY KIND.

## THE PERFECT PACKET

The Perma-Fresh Packet is the only joint product that is easy to swallow and easy to carry. It is the only joint product that is easy to swallow and easy to carry. It is the only joint product that is easy to swallow and easy to carry. It is the only joint product that is easy to swallow and easy to carry.

Supplement Facts	Perma-Fresh Packet (5 Capsules)	Perma-Fresh Packet (1 Capsule)
Amount Per Serving		
Glucosamine Sulfate	1,500 mg	300 mg
Chondroitin Sulfate	1,200 mg	240 mg
MSM (Methylsulfonylmethane)	1,000 mg	200 mg
Curcumin-Phospholipid Complex	100 mg	20 mg

Other ingredients include: Cellulose, Croscarmellose, Magnesium Stearate, and other inactive ingredients.

**SUGGESTED USE** Consume one or more capsules daily with food or as directed by a health care professional. According to clinical studies, optimum results are achieved by consuming four capsules daily with meals. This product is most effective as part of a healthy diet and active lifestyle, along with one of Andrew Lessman's multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.800.1200.



**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200**  
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**ALL SULFATE / SODIUM FREE**

# GLUCOSAMINE with CHONDROITIN

**1,500MG GLUCOSAMINE SULFATE**  
**1,200MG CHONDROITIN SULFATE**



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240 Easy-to-Swallow Capsules

Andrew Lessman's GLUCOSAMINE with CHONDROITIN delivers the optimum potencies and ideal forms (All Sulfate and Sodium-Free) of the two key ingredients for the maintenance and repair of healthy joint tissue. This unique formula begins with clinically-established levels and ideal forms of the two most important and well-researched natural ingredients for joint health: Glucosamine Sulfate (1,500 mg) and Chondroitin Sulfate (1,200 mg). Glucosamine and Chondroitin have been the subject of thousands of published articles and extensive international recognition; however, by are not medicines to treat joint ailments, but more importantly represent the vital molecules that comprise the structure of all our joints - healthy or not. Glucosamine Sulfate is always the first line of defense for joint tissue, but unlike ordinary products, we refuse to use cheaper, unproven Glucosamine HCl (Hydrochloride). We only use the form of Glucosamine Sulfate, which eliminates the Sodium present in other joint products. Also unique is our special form of Sodium-Free Chondroitin the risks of Sodium and instead provides the benefits of 80 mg of essential Calcium. Sadly, typical joint products use inferior sources of both Glucosamine and Chondroitin, which do not possess the research-established benefits of their Sulfate forms provide three essential structural ingredients that are the vital "building blocks" or the very "bricks and mortar" of our joints. By providing these essential structural molecules in their optimum Sulfate forms and at their ideal potencies, we deliver maximum benefits to joint structure, health and function. No other body part endures more daily abuse than our joints and Glucosamine with Chondroitin delivers the proper tools at their proven levels and in their ideal forms to help combat and repair the consequences of a lifetime of wear and tear. Dose of all. Glucosamine with Chondroitin is uniquely All Sulfate, Sodium-Free and Additive-Free making it unlike any joint product in the world.

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, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservatives or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

Serving Size 4 Capsules	Servings Per Container 60	
Amount Per Serving		<b>%DV*</b>
Vitamin C (as ascorbyl palmitate)	100mg	17%
Calcium (from calcium chondroitin sulfate)	80mg	8%
Potassium (from potassium glucosamine sulfate)	280mg	7%
Glucosamine Sulfate	1,500mg	†
and Potassium Glucosamine Sulfate	2,000mg	
Chondroitin Sulfate (from calcium chondroitin sulfate)	1,200mg	†

\* Percent Daily Values (%DV) are based on a diet of 2,000 calories a day.  
 † Daily Value not established.

Other ingredients: Gelatin capsules, CONTAINS an ingredient derived, purified and refined from the shell of shellfish (shrimp, crab and crawfish).

UNCOLLECTED USE (for best results, eat optimum amount of fruit, vegetables and leafy greens with each meal - 1/2 cup of leafy greens, 1/2 cup of fruit, 1/2 cup of vegetables). For best results, eat 1/2 cup of leafy greens, 1/2 cup of fruit, 1/2 cup of vegetables with each meal. For best results, eat 1/2 cup of leafy greens, 1/2 cup of fruit, 1/2 cup of vegetables with each meal.

**PRO-CAPS LABORATORIES**  
 In our quest for the most potent, natural and effective supplements, we have spent over 20 years perfecting our formulas. Our products are made from the highest quality ingredients and are designed to provide the most effective results possible. We are proud to offer you the most advanced and effective supplements available today.



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**WWW.PROCAPS.LAB.COM**

**PRO-CAPS** - ALL YOU NEED  
 For your health and vitality.

**WOMEN'S FOUNDERS**  
 HIGH POTENCY VITAMINS • MINERALS • CAROTENOIDS  
 500MG COENZYME Q-10 • 500MG ALPHA LIPIC ACID  
 200 MG RESVERATROL • 200 MG EGGS  
 200MG POMEGRANATE • 200MG CITRUS BIOFLAVONOIDS  
 10,000 ICG LUTEIN • 10,000 MCG LYCOPENE • 4,000 MCG ZEAXANTHIN



**PRO-CAPS LABORATORIES**  
**30 Pome-Fresh Packets™ • 300 Easy-to-Swallow Capsules**

**THE PERFECT FEMALE**  
 The Perfect Female is a revolutionary new supplement that provides the most potent, natural and effective ingredients available today. It is designed to provide the most effective results possible for women's health and vitality. The Perfect Female is made from the highest quality ingredients and is designed to provide the most effective results possible. We are proud to offer you the most advanced and effective supplement available today.

**PRO-CAPS LABORATORIES**  
 In our quest for the most potent, natural and effective supplements, we have spent over 20 years perfecting our formulas. Our products are made from the highest quality ingredients and are designed to provide the most effective results possible. We are proud to offer you the most advanced and effective supplements available today.

**Supplement Facts**

100% Pure Vitamin E (d-Alpha-Tocopherol)	1000 IU
100% Pure Vitamin A (Retinol Palmitate)	10000 IU
100% Pure Vitamin C (Ascorbic Acid)	1000 mg
100% Pure Vitamin B1 (Thiamine)	100 mg
100% Pure Vitamin B2 (Riboflavin)	100 mg
100% Pure Vitamin B3 (Niacin)	100 mg
100% Pure Vitamin B5 (Pantoic Acid)	100 mg
100% Pure Vitamin B6 (Pyridoxine HCl)	100 mg
100% Pure Vitamin B12 (Cyanocobalamin)	1000 mcg
100% Pure Folate (Folic Acid)	1000 mcg
100% Pure Calcium (Calcium Citrate)	1000 mg
100% Pure Magnesium (Magnesium Citrate)	1000 mg
100% Pure Zinc (Zinc Picolinate)	100 mg
100% Pure Selenium (Selenium L-Selenomethionine)	100 mcg
100% Pure Chromium (Chromium Picolinate)	100 mcg
100% Pure Manganese (Manganese Citrate)	100 mg
100% Pure Iodine (Iodine)	100 mcg
100% Pure Boron (Boron)	100 mg
100% Pure Silicon (Silicon)	100 mg
100% Pure Vanadium (Vanadium)	100 mcg
100% Pure Molybdenum (Molybdenum)	100 mcg
100% Pure Cobalt (Cobalt)	100 mcg
100% Pure Nickel (Nickel)	100 mcg
100% Pure Strontium (Strontium)	100 mg
100% Pure Barium (Barium)	100 mg
100% Pure Cadmium (Cadmium)	100 mcg
100% Pure Lead (Lead)	100 mcg
100% Pure Mercury (Mercury)	100 mcg
100% Pure Arsenic (Arsenic)	100 mcg
100% Pure Antimony (Antimony)	100 mcg
100% Pure Bismuth (Bismuth)	100 mcg
100% Pure Tellurium (Tellurium)	100 mcg
100% Pure Selenium (Selenium)	100 mcg
100% Pure Vanadium (Vanadium)	100 mcg
100% Pure Molybdenum (Molybdenum)	100 mcg
100% Pure Cobalt (Cobalt)	100 mcg
100% Pure Nickel (Nickel)	100 mcg
100% Pure Strontium (Strontium)	100 mg
100% Pure Barium (Barium)	100 mg
100% Pure Cadmium (Cadmium)	100 mcg
100% Pure Lead (Lead)	100 mcg
100% Pure Mercury (Mercury)	100 mcg
100% Pure Arsenic (Arsenic)	100 mcg
100% Pure Antimony (Antimony)	100 mcg
100% Pure Bismuth (Bismuth)	100 mcg
100% Pure Tellurium (Tellurium)	100 mcg

**SUGGESTED USE** To achieve the optimum levels of Glucosamine Sulfate established by the clinical research on joint health, consume three capsules daily with food. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S COMPLETE™** multi-vitamin-mineral formulas. For answers to questions about the use of this product call 800.808.7311.



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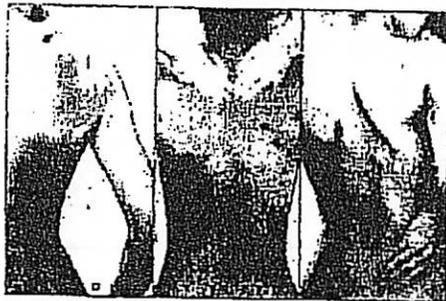
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## GLUCOSAMINE SULFATE-1500™

1,500MG GLUCOSAMINE SULFATE  
100% SULFATE FORM ONLY



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270 Easy-to-Swallow Capsules

Andrew Lessman's **GLUCOSAMINE SULFATE-1500** provides the optimum potency and the ideal form (All Sulfate) of the most important ingredient for the maintenance and repair of healthy joint tissue. Glucosamine is not a medicine that works on joint tissue, but is a vital structural molecule required for our joints to retain their elasticity and healthy structure as we age. Not surprisingly, the benefits of Glucosamine have been shown to extend beyond joint tissue and are also essential for the resiliency and flexibility of other "elastic" tissues in the body, such as the skin, arteries, veins and heart valves. Glucosamine Sulfate is always the first line of defense for joint tissues, but unlike ordinary products, we refuse to use unproven Glucosamine HCl (Hydrochloride). We only use the form of Glucosamine established in thousands of studies - Glucosamine Sulfate. **Glucosamine Sulfate-1500** also provides bonus levels of Potassium, which is essential for heart, nervous system and brain function. No other body part endures more daily abuse than our joints and Glucosamine Sulfate has always been the first choice of experts as a natural tool to help combat and repair the consequences of a lifetime of wear and tear. As we age, we become more aware of our joints' inability to perform as they did in our youth. **Glucosamine Sulfate-1500** provides the most important structural molecule required for our body to combat the normal erosion of these vital tissues over time. Every day, we place enormous demands on our joints and just as Calcium is essential for bones, it only makes sense to provide the same basic structural requirements to our joints with our gentle, yet ultra-high potency **Glucosamine Sulfate-1500**.

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, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or manufacturing additive.

**CONTAINS NO ADDITIVES OF ANY KIND.**

### Supplement Facts

Serving Size 3 Capsules	Servings Per Container 90
Amount Per Serving	%DV*
Vitamin C (as ascorbyl palmitate)	10 mg 17%
Potassium (from glucosamine sulfate potassium complex)	280 mg 7%
Glucosamine Sulfate as Potassium Glucosamine Sulfate	1,500 mg 1 2,000 mg
* Percent Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established.	

Other Ingredients: Gelatin capsule.  
Contains an ingredient derived, purified and refined from the shells of shellfish (shrimp, crab and crawfish).