

**UNCONDITIONALLY GUARANTEED** for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

†**Quatrefolic**® is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

‡**LONGVIDA**® is patent protected under EP 1993365, other patents pending and a registered trademark of Verdure Sciences Inc.

§**BioPerine**® is a registered trademark and patented product of Sabinsa Corporation.

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.

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DR. WHITAKER



# Mind & Memory Essentials®

FOR COGNITIVE AND  
BRAIN HEALTH¹

Includes clinically studied  
**LONGVIDA**® Optimized  
Curcumin Extract



**Dietary Supplement** 30 CAPSULES

**Doctor's Suggested Use:** Take 1 capsule daily with a meal.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

| Amount Per Serving                                                          |             | % DV    |
|-----------------------------------------------------------------------------|-------------|---------|
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)                       | 35 mg       | 2,059%  |
| Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolic acid glucosamine salt) | 200 mcg DFE | 50%     |
| Vitamin B12 (as methylcobalamin)                                            | 500 mcg     | 20,833% |
| LONGVIDA® Optimized Curcumin Extract (from <i>Curcuma longa</i> root)       | 400 mg      | *       |
| BioPerine® Black Pepper Extract (fruit)                                     | 5 mg        | *       |
| Huperzine A (from toothed clubmoss, whole plant)                            | 100 mcg     | *       |

\*Daily Value (DV) not established.

Other Ingredients: Gelatin, stearic acid, maltodextrin, microcrystalline cellulose, silica, soy lecithin, magnesium stearate, ascorbyl palmitate  
**CONTAINS: SOY**

**Note:** If you are pregnant or lactating, consult a health care professional before taking this product. **Keep out of reach of children.**

Please see bottom of bottle for Lot No. and Expiration Date  
SKU: MES 02 C16000, 2017 R-1

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or visit [drwhitaker.com](http://drwhitaker.com)

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