

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

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

 **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.

*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.



Please see bottom of bottle for Lot No. and Expiration Date

WHITAKER NUTRITION 

Mind & Memory Essentials®

FOR COGNITIVE
AND BRAIN HEALTH†

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 [6S]-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic®)	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Optimized Curcumin Extract (from <i>Curcuma longa</i> root)(LONGVIDA®)	400 mg	*
Black Pepper Extract (fruit)(BioPerine®)	5 mg	*
Huperzine A (from toothed clubmoss, whole plant)	100 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Gelatin, maltodextrin, stearic acid, microcrystalline cellulose, silica, soy lecithin, magnesium stearate, ascorbyl palmitate (preservative)

CONTAINS: SOY

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

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