

SUGGESTED USE Consume two capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.808.7311.** **CAUTION** Do not use while pregnant, nursing or taking anticoagulant drugs. Discontinue use before surgery or seeking to become pregnant.



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

Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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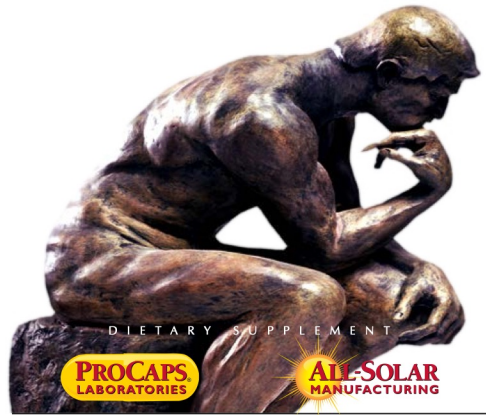
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MEMORY & BRAIN

with ACETYL L-CARNITINE™

VINPOCETINE • GINKGO BILOBA • VITAMIN D3
GINSENG • ACTIVATED CURCUMIN • BACOPA



DIETARY SUPPLEMENT

PROCAPS LABORATORIES

ALL-SOLAR MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's MEMORY AND BRAIN WITH ACETYL L-CARNITINE (ALC) provides our most comprehensive, natural support for the brain, memory, and mental acuity. A human being's defining feature is our brain's remarkable abilities; yet, as we age, we all experience significant changes in memory and brain function. This formula provides natural tools to help support the retention of our brain's extraordinary abilities, particularly as we age. Our brain requires an enormous supply of energy, so we begin with an impressive 500 mg of Acetyl L-Carnitine (ALC). ALC is recognized for its role in energy production within the brain, while also being a structural building block for Acetylcholine (our primary neurotransmitter). Because our brain must have an uninterrupted supply of oxygen and nutrients, we include Ginkgo Biloba and Vinpocetine to support healthy blood flow to the brain, thereby ensuring the abundant resources necessary for optimum memory and brain function. We add Bacopa for its long history of use in Ayurvedic (Indian) Medicine as well as our uniquely absorbable Turmeric extract, with its standardized Curcumin-Phospholipid Complex, offering targeted protection to the delicate tissues of the brain. We include Vitamin D3, since Vitamin D receptors are concentrated in the highest functioning areas of the brain and adequate Vitamin D is essential for optimum brain function as we age. We also add the world's most sophisticated high potency B-Complex formula, particularly our proprietary, absorption-protected Natural B12 (Methylcobalamin) given its essential role in brain and nervous system function. Since our sense of well-being is a central part of mental function, we include our unique, standardized extract of Panax (Asian) Ginseng. Aging is a challenging process and our **Memory and Brain with ALC** offers a comprehensive list of ingredients to help reduce the impact of the normal aging process on memory, concentration and mental acuity. 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, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		Serving Size 2 Capsules
		Servings Per Container 180
Amount Per Serving		%DV*
Vitamin C (as ascorbyl palmitate/ calcium ascorbate)	30 mg	33%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate Complex (25 mcg folic acid)	67 mcg DFE (25 mcg folic acid)	17%
(as L-methylfolate/ folic acid)		
Magnesium (as magnesium oxide)	100 mg	24%
Acetyl L-Carnitine (as acetyl L-carnitine HCl)	500 mg	†
Bacopa Monniera, extract (leaf) standardized to 20% bacosides A & B	200 mg	†
Ginkgo biloba, extract (leaf) standardized to 24% ginkgo flavone-glycosides/ 6% terpene lactones	120 mg	†
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	50 mg	†
Asian Ginseng (Panax ginseng), extract (leaf) standardized to 20% ginsenosides	40 mg	†
Vinpocetine	15 mg	†
* %DV are based on a 2,000 calorie diet. † DV not established.		

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.