

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.

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†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.

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> rhizome)(Longvida®)	400 mg	*
Huperzine A (from toothed clubmoss, whole plant)	100 mcg	*

*Daily Value (DV) not established.

Other ingredients: Gelatin, maltodextrin, stearic acid, silica, soy lecithin, ascorbyl palmitate (preservative)

CONTAINS: SOY

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



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

SKU: MES 02 C17000, 2020 R-1

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