

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. **For questions about the use of this product call 800.332.7799.**

CAUTION Do not use while pregnant, nursing or seeking to become pregnant. Do not use if taking anticoagulant drugs without the approval of physician. Discontinue use before surgery.



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*Purity. Quality. Integrity.
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Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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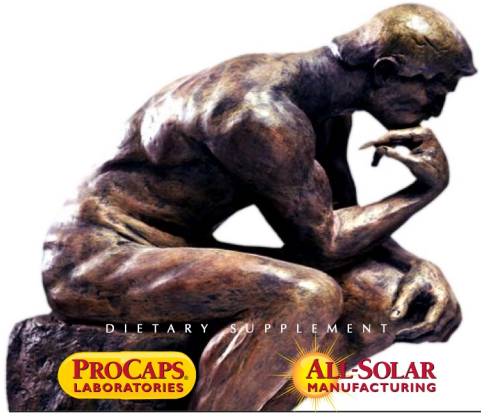
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LABORATORIES

MEMORY & BRAIN

with ACETYL L-CARNITINE™

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



360 Easy-to-Swallow Capsules

Andrew Lessman's MEMORY AND BRAIN WITH ACETYL L-CARNITINE (ALC) provides our most comprehensive, natural support for memory, brain 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 high levels (500 mg) of Acetyl L-Carnitine (ALC). ALC is recognized for its role in energy production within the brain, while also being a building block for Acetylcholine (our primary neurotransmitter). We also add Huperzine from Chinese Club Moss to support healthy levels of neurotransmitters to promote normal cognitive and memory function. Because our brain requires an uninterrupted supply of oxygen and nutrients, we also include Ginkgo Biloba and Vinpocetine to support healthy blood flow to the brain, thereby ensuring the resources necessary for optimum memory and brain function. We add Bacopa for its long history of use in Ayurvedic (Indian) Medicine, along with our highly absorbable Turmeric extract with its standardized Curcumin-Phospholipid Complex. We include Vitamin D3, since Vitamin D receptors are most concentrated in the highest functioning areas of the brain and it is essential for optimum brain function as we age. We also add our sophisticated high potency B-Complex formula, including our absorption-protected Methyl B12 and Methyl Folate (5-MTHF), because of their essential role in brain and nervous system function. Lastly, since our sense of well-being is a central part of mental function, we also include our standardized extract of Panax (Asian) Ginseng. In short, **Memory and Brain with ALC** offers our most comprehensive assembly 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, 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)	5 mcg (200 IU)	25%
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)	50 mcg	2,083%
Folate Complex (as L-methylfolate/folic acid)	67 mcg DFE (25 mcg folic acid)	17%
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	†
Huperzine A (from Huperzia serrata (arial/root) extract)	100 mcg	†
* %DV are based on a 2,000 calorie diet. † DV not established.		
Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.		