

SUGGESTED USE Consume one packet (5 capsules) daily with a meal or as recommended by your physician. For best results take this product with food. 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 800.332.7799.**

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.

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



Andrew Lessman
Founder of ProCaps Labs



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MANUFACTURED BY 

MEMORY AND BRAIN

with **ACETYL L-CARNITINE** and

PC LIVER AND BRAIN™

PHOSPHATIDYL CHOLINE • VINPOCETINE • BACOPA
HUPERZINE • GINKGO BILOBA • ACTIVATED CURCUMIN • GINSENG



60 Perma-Fresh Packets™ • 300 Easy-to-Swallow Capsules

Andrew Lessman's MEMORY AND BRAIN WITH ACETYL L-CARNITINE AND PC LIVER AND BRAIN is a unique blend of over 20 ingredients providing our most comprehensive, natural support for the memory, brain, and mental acuity. It also includes the most critical structural components for brain and liver cells – Phosphatidyl Choline (PC). What distinguishes human beings from other animals is our brain's remarkable abilities; yet, as we age, we all experience significant changes in memory and brain function. This formula provides a long list of 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). ALC is included as our first line of defense in combating the normal, age-related changes in memory, concentration and mental acuity. 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 brain function. Both of these natural ingredients have been shown to help combat those normal, age-related changes in 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 also 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. Lastly, since our sense of well-being is a central part of mental function, we also include our standardized extract of Panax (Asian) Ginseng. The three golden liquid capsules in each packet contain the phospholipids essential for healthy brain and liver function. They focus on Phosphatidyl Choline (PC), which is the predominant phospholipid in the brain and liver and is now recognized by the FDA as an essential nutrient because of its important role and scarcity in our diet. PC is essential for the creation of all brain and liver cells, as well as the production of the nervous system's most important neurotransmitter – Acetylcholine. PC is also required to produce the vital protective sheath for our brain and nerve cells. The liver is arguably our hardest working organ and PC makes up two-thirds of its enormous internal surface area (almost 8 acres!) where it performs protein, fat and cholesterol metabolism, as well as processing all waste products (all alcohol and medicines) and almost single-handedly doing all the "dirty" work required to keep the body's internal environment healthy and "clean." Not surprisingly, the regenerative powers of the liver are unique among all internal organs and PC empowers the liver to rebuild and regenerate its hard-working tissues. To assure you the greatest benefits possible, we enhance our formula with the unique balance of plant-based Omega-3 fatty acids from Ahiflower® Oil.

Ahiflower® is a registered trademark of Technology Crops, LLC.

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, yeast, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND.

THE PERFECT PACKET.

*The Perma-Fresh Purple Packet.
The Only Packet Worthy of
Our 100% Pure Products.*



Our **Purple Packet** is our most advanced packet ever, offering even more protection than our original **Foil Packet**. To retain potency, vitamins must be protected from light, moisture and oxygen and the ordinary clear packets used with typical vitamins cannot do so. Our unique **Purple Packets** are constructed from multiple layers of specialized materials to safeguard your vitamins from damaging light, moisture and oxygen. For decades, our **Foil Packets** set the standard for vitamin protection and today, our **Perma-Fresh Purple Packet** takes that protection to the highest levels, giving your vitamins the special protection they deserve.

Supplement Facts

Serving Size 1 Packet (5 Capsules)		Servings Per Container 60
Amount Per Serving		%DV*
Calories 15		
Total Fat 2 g		3%
Trans Fat 0 g		
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	†
Soy Lecithin Oil	1,800 mg (1.8 g)	†
Phosphatidyl Choline	630 mg	
Choline	90 mg	
Phosphatidyl Ethanolamine	90 mg	
Phosphatidyl Inositol	54 mg	
Total Omega Fatty Acids (from Ahiflower® Oil B. arvensis seed)	72 mg	†
ALA - Alpha-Linolenic Acid (Omega-3)	43-51 mg	
SDA - Stearidonic Acid (Omega-3)	16-23 mg	
GLA - Gamma-Linolenic Acid (Omega-6)	4-9 mg	
Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix.