

SUGGESTED USE Consume one packet (5 capsules) daily with a meal or as recommended by a health care professional. For best results take this product with food. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN's** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

CAUTION If you are pregnant, nursing or taking anticoagulant drugs, use only under the specific guidance of a physician. Discontinue use one week before surgery.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of PROCAPS LABS

**QUESTIONS?
RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com**



YOURVITAMINS®
430 Parkson Road
Henderson, NV 89011

MEMORY AND BRAIN

with **ACETYL L-CARNITINE** and

PC LIVER AND BRAIN™

PHOSPHATIDYL CHOLINE • VINPOCETINE
BACOPA • GINKGO BILOBA • TURMERIC • GINSENG





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

Andrew Lessman's MEMORY AND BRAIN is a unique blend of over 20 ingredients providing our most comprehensive natural support for the brain, memory and mental acuity. It also includes the most critical structural components for brain and liver cells. 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 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 of **Acetyl L-Carnitine (ALC)**. **ALC** is recognized for its role in energy production within the brain, while also being used to create **Acetylcholine** (our primary neurotransmitter). **ALC** is our first line of defense in combating the normal age-related changes in memory, concentration and mental acuity. Because our brain must have an uninterrupted supply of oxygen and nutrients, we include **Ginkgo Biloba** and **Vinpocetine** to support and maintain healthy blood flow to the brain, thereby ensuring the abundant resources necessary for optimum brain function. Both have also been shown to help combat those normal age-related changes in brain function. Two additional ingredients – **Bacopa** and **Turmeric (Curcumin)** have a long history of use in Ayurvedic (Indian) Medicine offering targeted protection to the delicate tissues of the brain. We also include **Vitamin D3**, since Vitamin D receptors are most 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 high levels of all the **B-Complex** vitamins, particularly our unique B-12 given its essential role in brain and nervous system function. Additionally, since our sense of well being is a central part of mental function, we also include our unique standardized extract of **Panax (Asian) Ginseng**.

The three golden liquid capsules in each packet contain the phospholipids essential for healthy brain and liver function. The most important is **Phosphatidyl Choline (PC)**, which the FDA now recognizes as essential because of its scarcity in our diet and its vital role in our body. **PC** and all the other phospholipids are 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.

This statement has 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 Packet	%DV*	
Calories 15		
Calories from Fat 15		
Total Fat 2 g	3%	
Trans Fat 0 g		
Vitamin C (as calcium ascorbate/ascorbil palmitate)	30 mg	50%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	50 mcg	13%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Pantothenic Acid (as calcium pantothenate)	5 mg	50%
Magnesium (as magnesium oxide)	100 mg	25%
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 and 6% terpene lactones	120 mg	†
Turmeric, extract (root) standardized to 95% curcuminoids	50 mg	†
Asian Ginseng (<i>Panax ginseng</i>), extract (leaf) standardized to 20% ginsenosides	40 mg	†
Vinpocetine	15 mg	†
Soy Lecithin Oil	1.8 g (1,800 mg)	†
as Phosphatidyl Choline	630 mg	
as Choline	90 mg	
as Phosphatidyl Ethanolamine	90 mg	
as Phosphatidyl Inositol	54 mg	
alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	50 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 B12 Matrix.