

SUGGESTED USE Consume two capsules daily with food 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 **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

CAUTION Discontinue use if you are pregnant, nursing, taking anticoagulant drugs or having surgery.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of ProCaps Labs

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.ProCapsLabs.com



430 Parkson Road
Henderson, NV 89011

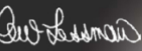


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SUGGESTED USE Consume one or more teaspoon(s) daily or as recommended by a health care professional. You can enjoy the taste of **ULTIMATE PC+ GRANULES** consumed directly from the container or you can sprinkle them on just about any food such as fruit, toast and cereal (hot or cold); or blend them with yogurt, smoothies, pureed fruit and more. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

This package contains the full weight indicated on the label. Settling of contents can occur after production.

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MEMORY & BRAIN

with ACETYL L-CARNITINE™

VINPOCETINE • GINKGO • VITAMIN D₃
PANAX GINSENG • TURMERIC • BACOPA



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MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's MEMORY and BRAIN with Acetyl L-Carnitine (ALC) is our most comprehensive formula for maintaining optimum memory and brain function. 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 is designed to provide a long list of natural tools to help support the retention of our brain's extraordinary abilities, particularly as we age. We begin with high levels of **ALC** – recognized for its many roles in healthy brain function. **ALC** efficiently delivers its critical energy benefits directly to the brain, while also playing a central role in the creation of **Acetylcholine** (our most vital neurotransmitter). **ALC** is an essential tool to help combat normal age-related changes in memory, concentration and mental acuity. Our brain requires an enormous and uninterrupted supply of energy, so we also include both **Ginkgo Biloba** and **Vinpocetine** to support healthy blood flow to the brain thereby ensuring the oxygen and nutrients required for optimum memory and 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 and an additional tool to help combat the normal age-related changes in mental function. To further support normal cognitive and memory function, while also promoting well-being, we also add a standardized extract of **Panax (Asian) Ginseng**. We also include **Vitamin D₃**, since Vitamin D receptors are most highly concentrated and active in the highest functioning areas of the brain. Aging is a challenging process and our **Memory and Brain with ALC** offers a uniquely comprehensive list of ingredients to help reduce the impact of the normal aging process on memory, concentration and mental acuity.

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.

Supplement Facts		Serving Size 2 Capsules
		Servings Per Container 180
Amount Per Serving		%DV*
Vitamin C (calcium ascorbate/ascorbyl palmitate)	30 mg	50%
Vitamin D ₃ (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 (acetyl L-carnitine HCl)	500 mg	†
Bacopa Monniera, extract (leaf)	200 mg	†
standardized to 20% bacosides A & B		
Ginkgo Biloba, extract (leaf) 24% ginkgo flavone-glycosides and 6% terpene lactones	120 mg	†
Turmeric, extract (root) 95% curcuminoids	50 mg	†
Panax Ginseng, extract (root) 20% ginsenosides	40 mg	†
Vinpocetine	15 mg	†
* %DV are based on a 2,000 calorie diet. † DV not established.		
Other Ingredients: Gelatin capsule.		NO ADDITIVES.

ULTIMATE PC+

PHOSPHATIDYL CHOLINE

LIVER & BRAIN GRANULES™

ULTRA HIGH POTENCY PHOSPHOLIPIDS
1,000 MG PC • 400 MG PE • 275 MG PI • 25 MG PS



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16 oz (1 lb.) (450g) • 180 Servings

Andrew Lessman's ULTIMATE PC+ LIVER and BRAIN GRANULES provides a unique ultra-concentrated source of four essential phospholipids with exceptionally high levels of **Phosphatidyl Choline (PC)**, which is the most abundant and important phospholipid in the body – particularly in the liver and brain. Phospholipids are vital to the structure of all cell membranes, and **Phosphatidyl Choline** is an essential building block of both liver and brain cells. The U.S. Food and Drug Administration now recognizes Choline as essential because its content in our diet is inadequate and Choline plays such a vital role in so many processes throughout the body, including the liver, nervous and cardiovascular systems, as well as the integrity of all cell membranes, the metabolism of fat and the growth of healthy hair. **PC** is a necessary raw material for the production of two vital components of the nervous system, acetylcholine, which is the primary neurotransmitter that allows all our nerve cells to communicate, as well as sphingomyelin, which forms the sheath that protects nerve cells. Both are absolutely essential for the normal, healthy functioning of the nervous system and brain – particularly as we age. In addition to providing extremely high levels of **Phosphatidyl Choline** (1,000 mg per tsp), our special **PC+ Granules** also provide almost 700 mg of **Phosphatidyl Inositol (PI)** and **Phosphatidyl Ethanolamine (PE)**, as well as 25 mg of all-important **Phosphatidyl Serine (PS)**. **PC** and **PS** are the most concentrated and critical phospholipids in the brain and both have been observed to help with the mild memory problems associated with the normal aging process. **PS** also supports our body's healthy response to stress while supporting mental clarity, memory and cognitive function. The liver is perhaps the hardest working organ in our body and is comprised of more than 355,000 square feet of membrane surface area. **PC** makes up almost two-thirds of the more than 8 acres (about 8 football fields) of that hard-working membrane surface area within the liver. **PC** is essential to the liver's vital role of cleansing the body's internal environment and processing waste products, including virtually all medicines and alcohol. It is also required for the transport and metabolism of fat, protein and cholesterol within the body. **PC** is absolutely unique in its predominance in both the brain and liver, as well as the critical role it plays in the healthy function of these two vital organs. Given our concerns about fat and cholesterol metabolism, along with our society's increasing consumption of medicines and alcohol, **PC** and **PS** just make sense and our new **Ultimate PC+** is our most concentrated, comprehensive and economical way of delivering these essential nutrients.

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Supplement Facts		Serving Size 1 tsp (2.5 g)
		Servings Per Container 180
Amount Per Serving		%DV*
Calories 20	Calories from Fat 15	
Total Fat 1.5 g		2%
Trans Fat 0 g		
Soy Lecithin Granules	2.5 g (2,500 mg) †	
40% as Phosphatidyl Choline	1,000 mg	
16% as Phosphatidyl Ethanolamine	400 mg	
11% as Phosphatidyl Inositol	275 mg	
5% as Choline	135 mg	
1% as Phosphatidyl Serine	25 mg	
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		
Other Ingredients: Silicon Dioxide.		