

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.

LONGVIDA® and Optimized Curcumin® are registered trademarks of Verdure Sciences, Inc. For IP Info, visit vs-corp.com/IP

*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 L-5-methyltetrahydrofolate calcium)	340 mcg DFE (200 mcg folic acid)	85%
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, aerial part)	100 mcg	*

*Daily Value (DV) not established.

Other ingredients: Vegetable stearic acid, gelatin, maltodextrin, sunflower lecithin, silica, ascorbyl palmitate (preservative)

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



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

SKU: MES-02 C18000, 2023 R-1

Almost Out? Call 1-800-722-8008
or visit healthydirections.com