

** This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

DIETARY SUPPLEMENT
15 INDIVIDUAL PACKETS

CONTAINS CAFFEINE

Helps To Maintain Alertness,
Focus And Reaction Time**

CRAM

MRM

15 Pack

Suggested Usage: Take 3 capsules daily or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Packet 1

	Amount Per Serving	%Daily Value*
Vitamin B3 (Niacin)	30 mg	150 %
Vitamin B6 (Pyridoxine HCl)	30 mg	1500 %
Folic Acid	400 mcg	100 %
Vitamin B12 (Methylcobalamin)	60 mcg	1000 %

CRAM Fusion™ (Proprietary Blend)	1623 mg	†
Acetyl L-Carnitine		†
L-Tyrosine		†
L-Alpha-Glycerolphosphorylcholine		†
Choline Bitartrate		†
Phosphatidylserine		†
Caffeine USP (60mg)		†
Naringin		†

*Percent daily value based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Rice flour and magnesium stearate.
Capsule made from plant cellulose.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

Contains ingredients derived from soy.
Contains Niacin which may cause a harmless flushing sensation in some individuals.

Serve Size: 3 Vegetarian Capsules and Alpha-Glycerolphosphorylcholine are

Remember studying but not what you studied? Or even worse, waiting to study until the night before the test? Late nights spent working or studying can cause mental fatigue, making information difficult to recollect. School, work and very important social events can generate a stressful demand on mental focus ... Students begin to show signs of mental fatigue later in the day, during intense, late hour studying or during exams... Tasks seem much more complicated when concentration is low, and mistakes are made. Mental fatigue cannot only be caused by continual mental effort and attention on a particular task; high levels of stress or emotions play a crucial role too.

*Decrease the amount of time wasted on ineffective studying and/or re-studying with CRAM. When mental performance significantly declined, one-time consumption of CRAM has been shown to maintain focus, alertness and reaction time to both visual and auditory stimuli. CRAM can make a difference if you are pushing your brain to new limits.***

Formulated by & Manufactured for: MRM
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA • www.mrm-usa.com • 1-800-948-6296

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CRAM- Cognitive, Recall, Attention, Memory

Cognitive - processing of information, applying knowledge: "to know", "to conceptualize" or "to recognize"

Recall - the retrieval of events or information from memory

Attention - the capacity or power to maintain selective or sustained mental concentration

Memory - ability to store, retain, and recall information and experiences

One-time consumption of CRAM has been shown to help maintain alertness, focus and reaction time.**

Huffman, J. et al., The effects of acute and prolonged CRAM supplement use on reaction time and subjective measures of focus and alertness in healthy college students. *Integrative Psychiatry* 2016; 7:218.