



ANDREW LESSMAN



MEMORY AND BRAIN with ACETYL L-CARNITINE and PC LIVER AND BRAIN™

Phosphatidyl Choline | Vinpocetine | Bacopa
Huperzine | Ginkgo Biloba | Turmeric | Ginseng



Dietary Supplement | **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 memory, brain, cognitive function, concentration and mental acuity. It also includes Phosphatidyl Choline (PC) – the most critical structural molecule for the brain, as well as the liver. 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 all other brain functions. 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 the 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 function. They focus on Phosphatidyl Choline (PC), which is the predominant phospholipid in the brain 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. PC is also vital to our liver, which many consider to be our hardest working organ, making up two-thirds of its enormous internal surface area (almost 8 acres). The liver performs complex metabolic chemistry and processes all waste, including alcohol and medicines. The liver almost single-handedly does all the "dirty" work required to keep the body's internal environment healthy. 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.

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.

THE PERFECT PACKET.

The Perma-Fresh Purple Packet. The only Packet worthy of our Exceptional 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 the potency of your vitamins. For decades, our Foil Packets set the standard for protection and today, our Perma-Fresh Purple Packet takes that protection to the next level, giving your vitamins the special protection they deserve.

SUGGESTED USE Consume one packet (5 capsules) daily with a meal or as recommended by your physician. **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.

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 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-5-Methyltetrahydrofolate/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 †
Ginkgo biloba, extract (leaf) standardized to 24% ginkgo flavone-glycosides/6% terpene lactones	120 mg †
Bacopa Monniera, extract (leaf) standardized to 50% bacosides	80 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/Inositol	120 mg
Omega-3 from Ahiflower® Oil (B. arvensis seed)	59-74 mg †
ALA - Alpha-Linolenic Acid	43-51 mg
SDA - Stearidonic Acid	16-23 mg

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.
Ahiflower® is a registered trademark of Technology Crops, LLC.

Other Ingredients: Gelatin capsule, Soft-gelatin capsule (Gelatin, purified water, glycerin), Proprietary Protective Methyl B12 Matrix.
CONTAINS NO Milk, yeast, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener, preservative or genetically modified (GMO) ingredients.

CONTAINS NO ADDITIVES OF ANY KIND

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT



Andrew Lessman
Andrew Lessman, Founder

QUESTIONS? | REORDERS?
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Manufactured by ProCaps Labs,
Henderson, NV 89011

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