



# HEALTHY MEMORY & FOCUS<sup>†</sup>

A DIETARY SUPPLEMENT TO SUPPORT BRAIN AND  
NEUROLOGICAL FUNCTIONS<sup>†</sup>

**A dietary supplement to support brain and neurological functions.\***

**Healthy Memory & Focus<sup>†</sup>** is designed specifically to maintain and support concentration, focus and memory.\*

## **Healthy Memory & Focus<sup>†</sup> Supports:**

- Cellular energy levels in the brain\*
- Cognitive function\*
- Memory recall\*
- Mental alertness\*
- Nerve conduction\*
- Neurotransmitter production\*
- Oxygen uptake by brain cells\*

## **About The Formula:**

- **DMG** supports circulation and oxygen utilization in the brain, mental alertness and brain function.\* DMG is a precursor to many amino acids and amino alcohols that aid in brain function and it also provides precursors to neurotransmitters that help with nerve function.\* DMG acts as an adaptogen enhancer by reducing symptoms associated with physical, emotional and environmental stressors.\*
- **Glutamine** is an amino acid that supports mood, mental clarity, and memory, provides nutrition to brain cells, supports the reductions of ammonia levels in the brain, and supports GABA production needed for proper brain function.\*
- **Acetyl L-Carnitine**, a derivative of the amino acid carnitine, supports nerve function, neurotransmitter production and is necessary for normal neuron and brain function, memory, mood, alertness, attention span and problem solving.\* Carnitine is involved in long chain fatty acid metabolism and transport to provide cellular energy.\*
- **Phosphatidylcholine** is a stable source of choline that supports proper nerve and brain function, circulation, is needed for proper nerve transmission from the brain through the central nervous system and increases noradrenaline and dopamine which supports learning and memory.\* Choline is essential in manufacturing Acetylcholine, a very important neurotransmitter for memory recall and brain function.\*
- **Phosphatidylserine (PS)** affects the neurotransmitters that effect memory, is a component of the cell's membrane and a major phospholipid in the brain and nervous system.\* It supports nerve cells, releases neurotransmitters (acetylcholine and dopamine) in the brain to support cognition and memory.\* PS has a positive impact on behavior, is needed for proper metabolism of fatty acids and to maintain a healthy immune system.\*

- **Manganese** is needed for proper protein and fat metabolism and the healthy functioning of the nerve and immune systems.\* Manganese has a significant role in cerebral function because it is a critical mineral used in glucose utilization within neurons and neurotransmitter control.\* Manganese improves energy production and helps maintain proper neuron health.\*
- **Magnesium Aspartate** helps to maintain proper brain and nerve function and support ATP production to provide energy for the brain, cognition and proper utilization of choline.\* Aspartic acid is an amino acid that supports stamina by reducing fatigue and low mood states and it functions as a neurotransmitter to facilitate nerve impulse transmission.\*

## **Supplement Facts**

**Serving Size: 1 Tablet**

### **Amount Per Serving**

Magnesium (as Magnesium Aspartate)	10 mg
Manganese (a Mn Amino Acid Chelate)	1 mg
Dimethylglycine HCl	250 mg
Glutamine	200 mg
Acetyl-L-Carnitine	175 mg
Phosphatidylserine (from soy)	100 mg
Phosphatidylcholine (from soy)	50 mg

Other Ingredients: microcrystalline cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose, titanium dioxide, polyethylene glycol.

## **Contains: Soy.**

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**Suggested Use:** As a dietary supplement, take 1 tablet, twice daily, or as directed by your healthcare practitioner.

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