

Memory Upgrade™
1.3 lb (600 grams) of powder
 Item Catalog Number: 01009

Choline is a precursor for phosphatidylcholine biosynthesis. Phosphatidylcholine's role in the maintenance of cell membrane integrity is vital to information flow, intracellular communication, and bioenergetics. Choline is also a major part of another membrane phospholipid, sphingomyelin, also important for the maintenance of cell structure and function.

As a dietary supplement and ergogenic aid, however, claims surrounding choline are due mostly to its role as a component of acetylcholine, the neurotransmitter needed for conduction of nerve signals and brain function.¹⁸ Because acetylcholine helps brain cells communicate with each other, it plays an important role in learning and memory.¹⁸⁻²⁰

Memory Upgrade™ is a synergistic blend of choline and cofactors, designed by Durk Pearson & Sandy Shaw. Memory Upgrade™ has been formulated with natural flavors and fructose that provides a great tasting choline-containing drink when mixed with water or juice.

References

Supplement Facts

Serving Size 1 tablespoon (12.9 g)

Servings Per Container 46

Amount Per Serving

Calories	30
Carbohydrate	8 g
Vitamin C	78 mg
Vitamin E	30 IU
Thiamine (vitamin B1)	3 mg
Riboflavin (vitamin B2)	3 mg
Niacin (vitamin B3)	75 mg
Vitamin B6	5 mg
Vitamin B12	100 mcg
Biotin	300 mcg
Pantothenic acid	500 mg
Calcium	46 mg
Zinc	3 mg
Copper	420 mcg
Chromium	25 mcg
Glycine	150 mg
Choline	1 g
Taurine	200 mg

Ingredients: fructose, choline dihydrogen citrate, calcium pantothenate, natural flavors, silicon dioxide, malic acid, niacinamide ascorbate, fumaric acid, dl-alpha tocopherol acetate, zinc gluconate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, copper gluconate, chromium aspartate, cyanocobalamin.

Dosage and Use

- For adults only. Place one rounded tablespoon of mix in four to eight ounces (1/2 cup) of cold water or fruit juice. Stir briskly and drink. Serve over ice for best flavor.
- Consume as desired two to three times per day.

Caution

Not for use by children, lactating or pregnant women, persons with Parkinson's disease, manic-depressive psychosis, persons with Wilson's disease, or persons taking anticholinergic drugs. Consumption of too much choline may increase muscle tone, which may produce temporary symptoms such as stiff neck, muscle tension headaches, or gastric cramps. Persons with ulcers or a history of ulcers should consult their physicians before using a choline supplement. The high niacin content may cause skin flushing, redness, a feeling of heat, and itching, which usually lasts about half an hour. This niacin flush is harmless and can be

minimized by with regular use and by taking this product on a full stomach. Avoid the use of antacids containing aluminum with this product. Not for use by anyone sensitive to any of the ingredients.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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