



Technical information

NAME : E+M+A (Energy + Memory + Antioxidants)

NPN : 80081254

Dosage form: Vegetarian capsules.

Recommended route of administration: Oral

Recommended dose: Take 2 capsules daily, preferably with meal.

Contra-Indications :

- Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding.
- Do not use if you are pregnant or breastfeeding.
- Do not use if you have a history of systemic lupus erythematosus.

Known Adverse Reactions : Some people may experience insomnia, anxiety, or headaches, in which case, discontinue use.

Cautions and Warnings :

- Consult a health care practitioner prior to use if you are taking antidepressants.
- Consult a health care practitioner prior to use if you have high blood pressure.
- Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression
- Consult a health care practitioner prior to use if you are taking digoxin.
- Consult a health care practitioner prior to use if you have diabetes.
- Consult a health care practitioner prior to use if you are taking medications for diabetes, high blood pressure, or seizures.
- Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have gallstones or a bile duct obstruction.
- Consult a health care practitioner prior to use if you have stomach ulcers or excess stomach acid. Consult a health care practitioner prior to use if you are undergoing hormone replacement therapy (HRT) or taking birth control medication.

Recommended duration of use: Consult a health care practitioner for use beyond 4 weeks.

Medicinal Ingredients

Proper Name	Common Nam	Quantity per Dosage Unit	Extract	Potency	Source Material
Arthrospira platensis	Spiruline	50 mg	N/A	N/A	Whole
Choline	Choline	50 mg	N/A	N/A	Choline bitartrate
Curcuma longa	Turmeric	30 mg	50 :1 1500 mg	N/A	Rhizome
Ginkgo biloba	Ginkgo biloba	40 mg	50:1 2000 mg	6.0% Terpene lactones 24.0% Flavonoide glycosides	Leaf
Lepidium meyenii	Maca	80 mg	20:1 1600 mg	N/A	Root
Medicago sativa	Alfalfa	50 mg	N/A	N/A	Herb top
Panax Ginseng	Panax ginseng	75 mg	4:1 300 mg	N/A	Root
Trans-Resveratrol	Resveratrol	50 mg	N/A	N/A	Reynoutria Japonica - root