



LIFE PRIORITY™

YOUR LIFE, OUR PRIORITY

Life Priority™ Designer Food® Formula
From Durk Pearson & Sandy Shaw®

MUSCLE MEMORY™

MUSCLE ENHANCEMENT AND LIFE-EXTENDING BENEFITS

MUSCLE MEMORY™ is one of the best anti-aging formulas ever created. A unique formula drink mix created by Life Extension scientists Durk Pearson & Sandy Shaw contains 6 grams of L-arginine per serving. Durk Pearson and Sandy Shaw were among the first scientist, beginning more than 30 years ago, to recommend that people should take arginine supplements (along with choline and B-5 to boost their natural growth hormone (GH) release and thereby achieve a variety of life-extending benefits, including building lean muscle mass (in preference to fat), accelerating wound healing, strengthening bones, improving immunity, and enhancing skin flexibility.

MUSCLE MEMORY™ has been a **Life Priority** classic for more than a decade for:

- People who recognize that the ingredients in **MUSCLE MEMORY™** help accelerate physical fitness.
- Those interested in the role of nutrition in biological aging.

Your body has very high levels of Growth Hormone (GH) throughout childhood and early adulthood, but dramatically less as you age. For over 30 years scientific researchers concerned with the natural release of GH from the pituitary gland have selected arginine as the primary focus of their investigation.

Arginine has also recently been shown to be a precursor to the very important biomolecule, nitric oxide (NO). Inadequate supplies of NO may result in elevated blood pressure. Maintaining normal blood pressure regulation involves arterial dilation under the control of the cholinergic nervous system which is in part dependent on adequate supplies of choline and is mediated by NO. Through its impact on vasodilation, NO has also been found to play a role in sexual function. NO release is essential for motor learning in the cerebellum, and it also appears to be necessary for long-term potentiation in the brain, which is the mechanism that's involved in long-term memory.

MUSCLE MEMORY™ helps you trigger your own internal biochemical resources of mental and physical power for enhanced vitality and youthfulness.

- Supports cardiovascular and arterial health
- Helps maintain healthy tissue & bones
- Supports already-healthy blood pressure levels
- May help maintain a healthy immune system
- Promotes sexual function

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For more information, see our website

www.LIFEPRIORITY.com

Life Priority, established in 1994, offers supplements that are scientifically-formulated, results-oriented, and GRAS (Generally Recognized As Safe) and are manufactured at USDA and FDA inspected facilities.

* 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.



Supplement Facts

Serving Size 1 level Tablespoon (13.2 grams)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Vitamin A (as beta-carotene)	75 mcg	8%
Vitamin C (as ascorbic acid)	500 mg	560%
Calcium (as calcium pantothenate)	42 mg	3%
Vitamin E (dl-alpha tocopheryl)	54 mg	360%
Pantothenic acid		
(Vitamin B5 as calcium pantothenate)	500 mg	10000%
Zinc (as zinc gluconate)	3 mg	25%
Copper (as copper bisglycinate)	420 mcg	45%
Chromium		
(as chromium nicotinate glycinate)	27 mcg	75%
Choline		
(as choline dihydrogen citrate)	670 mg	125%
Arginine	6 g	†
Taurine	200 mg	†
Glycine	150 mg	†
Boron (as bororganic glycine)	2 mg	†

† Daily value not established.

Other Ingredients: Malic acid, citric acid, natural flavors, calcium silicate, fumaric acid, stevia leaf extract, silicon dioxide.

SUGGESTED USE:

For adults only. For maximum benefit, use on an empty stomach. Mix 1 to 3 servings of **Muscle Memory™** in **ice cold water for best flavor**. Use 4 oz. of cold water per serving. Stir briskly and drink about 1 hour before exercise, athletics, or at bedtime.

Caution: Keep out of reach of children. Use only as directed. Not for use by diabetics, borderline diabetics, pregnant or lactating women, cancer patients, men with an enlarged prostate or with elevated PSA values, persons with ocular or brain herpes, or those with Wilson's Disease (a rare genetic copper metabolic disorder), Parkinson's Disease patients, or those taking anticholinergic drugs. There have been a few reports that high dietary levels of arginine may cause reactivation of latent herpes viruses in a few susceptible individuals. If this occurs, discontinue use. Excessive consumption of supplements containing choline can cause excessive muscle tone which may produce symptoms such as stiff neck, muscle tension headaches, or gastric cramps. A few persons may develop a fishy smell when using a supplement containing choline due to the bacterial degradation of choline in their gut. Persons with ulcers or a history of ulcers should consult their physician before using a supplement containing choline since choline may increase stomach acid production. Avoid the use of aluminum-containing antacids when using this product.

Storage Instructions for Life Priority Mind™ -- Muscle Memory™ -- and Productive Sleep™

The Choline in Mind™ Muscle Memory™ and Productive Sleep™ can attract water from the atmosphere. This moisture does not change the nutritional value of Mind, Muscle Memory or Productive Sleep, but it can make the product get hard. Please Store in a cool, **dry place**.