

## Your Mind Is in Your Hands



**E**ach new day presents challenges that, if not met and overcome, may leave you *less* fit mentally to control your life . . . to achieve your financial goals . . . to set the stage for pursuing your personal happiness.

Now there's a way to insure against the consequences of falling short of your goals and to offer you more control over your life.

By starting each day with a cool, refreshing glass of delicious **LIFT™**, or **LIFT CAPS™**, you can embrace a **Mental Fitness™** program that can blow away your neural cobwebs and blast away the financial storm clouds that may hold you back.\*

Life extension scientists Durk Pearson & Sandy Shaw® have developed a family of products for their own personal use based on the idea of providing our brains with nutrient raw materials to manufacture neurotransmitters such as noradrenaline, which provides an adrenaline-like charge to neural circuits.\* These **BRAIN DRINKS** are the core of Durk & Sandy's personal Mental Fitness program. Each formulation contains the essential amino acid phenylalanine and the necessary enzyme cofactors vitamin B<sub>6</sub>, vitamin C, copper, and folic acid, along with natural flavors. With these **BRAIN DRINKS** as your daily allies, you can take charge of your life. So have a glass . . . Your mind is in your hands.

*This formulation is also available in the convenient form of **LIFT CAPS™** - See nutrition information below.*

**Caution:** Do not consume more than 2.6 grams of supplemental phenylalanine per day. Not for use by children or by pregnant or lactating women, persons with the genetic metabolic disorder PKU, psychosis, persons taking prescription MAO (monoamine oxidase) inhibitor drugs, pigmented malignant melanoma cancer patients, those with Wilson's disease, or those who have a violent temper. Not for use by anyone sensitive to any of the ingredients. Excessive consumption of L-phenylalanine or caffeine may cause insomnia, especially when taken in the late afternoon or evening. If insomnia occurs, reducing the amount consumed by 1/2 will usually correct the problem. If insomnia is a problem, we suggest taking **LIFT Caps** only once per day for the first week, right after you arise in the morning. During the second week and thereafter, take it twice per day, upon arising and an hour before lunch.

**Suggested Use:** For adults only. 1-2 capsules 1-4 times per day as desired.

<b>Serving size: 2 capsules</b> <b>Servings per container: 60</b>	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	2494 IU	50%
Vitamin C		369%
(as niacinamide ascorbate)	108 mg	
(as ascorbic acid)	100 mg	
(as ascorbyl palmitate)	14 mg	
Vitamin E (dL-alpha-tocopheryl)	30 IU	100%
Thiamin (vitamin B1 as thiamine hydrochloride)	1495 mcg	100%
Riboflavin (vitamin B2)	3 mg	176%
Niacin (vitamin B3 as niacinamide ascorbate)	75 mg	375%
Vitamin B6 (as pyridoxine)	16 mg	800%
Folate (as folic acid)	100 mcg	25%
Vitamin B12 (as cyanocobalamin)	20 mcg	333%
Pantothenic acid (vitamin B5 as calcium pantothenate)	18 mg	180%
Zinc (as zinc gluconate)	3 mg	20%
Copper (as copper gluconate)	420 mcg	21%
Chromium (as chromium polynicotinate)	25 mcg	21%
Phenylalanine	600 mg	**
Taurine	200 mg	**
Glycine	150 mg	**
Caffeine	80 mg	**

\*\*Daily Value Not Established