SUGGESTED USE Consume two capsules daily. You can increase or decrease your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% SOLAR PRODUCTION
ZERO-CARBON FOOTPRINT

PROCAPS LABORATORIES

QUESTIONS? REORDERS?
800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs
Henderson, NV 89011

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PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

Concentrated Phosphatidyl Choline

Dietary Supplement | **360** Easy-to-Swallow Capsules

PHOSPHATIDYL CHOLINE LIVER AND BRAIN BENEFITS provides a concentrated, stable source of the most important phospholipids essential for healthy brain and liver function. We focus on phosphatidyl choline (PC), since it is the predominant phospholipid in both the brain and liver and is now recognized by the FDA as an essential nutrient because of its important role and scarcity in our diet. PC is vital for the creation of all brain and liver cells, as well as the production of our most important neurotransmitter – acetylcholine. PC is also required to produce the protective sheath for our brain and nerve cells. The human brain is extraordinary; yet, as we age, we all experience significant changes in memory and brain function. PC is a first line of defense to help support the retention of our brain's remarkable abilities and combat those normal, age-related changes in memory, concentration and mental acuity. As vital as the brain is, the liver is arguably our hardest working organ and PC makes up two-thirds of its enormous surface area (almost 8 acres!) where it performs protein, fat and cholesterol metabolism, as well as processes all waste products (alcohol, medicines, etc.) and almost single-handedly doing all the "dirty" work required to maintain a healthy internal environment. Not surprisingly, the regenerative powers of the liver are unique among all internal organs and PC empowers the liver to rebuild and regenerate its hard-working tissues. In short, there is no more important building block to support and promote the health of our brain and liver than phosphatidyl choline (PC).

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.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 2 Softgels
Servings 180

Amount Per Serving	%DV*
Calories 10	
Total Fat 1 g	1%
Trans Fat 0 g	
Soy Lecithin Oil 1,200 mg (1.2 g) †	
Phosphatidyl Choline 420 mg	
Choline 60 mg	
Phosphatidyl Ethanolamine/Inositol 80 mg	
Omega-3 from Ahiflower® Oil 40-49 mg †	
(*B. arvensis seed*)	
ALA (alpha-linolenic acid) 29-34 mg	
SDA (stearidonic acid) 11-15 mg	

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Ahiflower® is a registered trademark of Technology Crops, LLC.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).

CONTAINS NO Milk, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, genetically modified (GMO) ingredients or manufacturing additives.

SUGGESTED USE Consume one capsule daily. You can increase your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

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LIVER
ANTI-OXIDANT EXTRACTS™

Milk Thistle (Silymarin & Silybins)
Turmeric (Curcumin) | Artichoke

Dietary Supplement | **240** Easy-to-Swallow Capsules

LIVER ANTI-OXIDANT EXTRACTS is a unique blend of plant extracts and nutrients formulated for optimum liver health. It includes Milk Thistle, Turmeric and Artichoke extracts, each standardized for their most beneficial compounds. The liver is our largest and perhaps our hardest working organ, laboring constantly to maintain a healthy internal environment. The liver processes all alcohol, drugs and chemicals that enter our body, while metabolizing cholesterol, fat, sugar and protein. In short, good health requires a healthy liver. This formula begins with our unique Milk Thistle extract standardized for high levels of Silymarin in the form of a highly active Phospholipid Complex. Silymarin has been valued and respected for centuries and has now been clinically shown to help protect liver cells from damage while also promoting the liver's natural regenerative capacity. Our Milk Thistle is enhanced by specifically standardizing it for Silymarin's most active and important components, Silybins. We then add our activated Curcumin Phospholipid Complex with its enhanced absorption of its high levels of protective Curcuminoids. Like Milk Thistle, Turmeric possesses a myriad of protective, regenerative and detoxifying benefits for the liver. Lastly, we add Artichoke extract standardized for Cynarin, as well as key B-vitamins to ensure the liver has all the protection and support it needs to perform its vital work.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 1 Capsule **Servings Per Container 240**

Amount Per Serving		% DV*
Pantothenic Acid (as Ca pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%
Silymarin Phospholipid Complex (Milk thistle, 80% extract (fruit/seed) and phospholipids)	**200 mg**	†
Total Silymarin	135 mg	
Total Silybins	60 mg	
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	**100 mg**	†
Total Curcuminoids	38 mg	
Artichoke, extract (leaf) standardized to 2.5% cynarin	**100 mg**	†

* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Gelatin capsule, Proprietary Protected Coenzyme B12.
CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.