

SUGGESTED USE Consume one teaspoon daily. You can increase your intake based upon your needs and as guided by your health care provider. You can enjoy the taste of **PC Liver and Brain Granules** consumed directly from the container or you can sprinkle them on just about any food such as fruit, toast and cereal (hot or cold); or blend them with yogurt, smoothies, pureed fruit and more. **For questions about the use of this product call 800.800.1200.**

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



ANDREW LESSMAN

PROCAPS
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PHOSPHATIDYL CHOLINE PC LIVER & BRAIN GRANULES™

Ultra High Potency Phospholipids

1,000 mg PC | 390 mg PE | 180 mg PI | 10 mg PS

Since 1979, Unsurpassed
Purity, Quality and Efficacy.

100% SOLAR PRODUCTION
ZERO-CARBON FOOTPRINT

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QUESTIONS? REORDERS?

800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs
Henderson, NV 89011

060600



Dietary Supplement | 180 Servings | 16.5 oz (1 lb) (468 g)

PC LIVER AND BRAIN GRANULES provides a unique ultra-concentrated source of four essential phospholipids with exceptionally high levels of phosphatidyl choline (PC), which is the most abundant and important phospholipid in the body – particularly in the liver and brain. Phospholipids are vital to the structure of all cell membranes, and phosphatidyl choline is an essential building block of both liver and brain cells. The U.S. Food and Drug Administration now recognizes choline as essential because its content in our diet is inadequate and choline plays such a vital role in so many processes throughout the body, including the liver, nervous and cardiovascular systems, as well as the integrity of all cell membranes, the metabolism of fat and the growth of healthy hair. PC is a necessary raw material for the production of two vital components of the nervous system, acetylcholine, which is the primary neurotransmitter that allows all our nerve cells to communicate, as well as sphingomyelin, which forms the sheath that protects nerve cells. Both are absolutely essential for the normal, healthy functioning of the nervous system and brain – particularly as we age. In addition to providing extremely high levels of phosphatidyl choline (1,000 mg per tsp), our special **PC Liver and Brain Granules** provide almost 600 mg of phosphatidyl inositol (PI) and phosphatidyl ethanolamine (PE), as well as 10 mg of all-important phosphatidyl serine (PS). PC and PS are the most concentrated and critical phospholipids in the brain and both have been observed to help with the mild memory problems associated with the normal aging process. PS also supports our body's healthy response to stress while supporting mental clarity, memory and cognitive function. The liver is perhaps the hardest working organ in our body and is comprised of more than 355,000 square feet of membrane surface area. PC makes up almost two-thirds of the more than 8 acres (about 8 football fields) of that hard-working membrane surface area within the liver. PC is essential to the liver's vital role of cleansing the body's internal environment and processing waste products, including virtually all medicines and alcohol. It is also required for the transport and metabolism of fat, protein and cholesterol within the body. PC is absolutely unique in its predominance in both the brain and liver, as well as the critical role it plays in the healthy function of these two vital organs. Given our concerns about fat and cholesterol metabolism, along with our society's increasing consumption of medicines and alcohol, PC and PS just make sense and our **PC Liver and Brain Granules** is our most concentrated, comprehensive and economical way of delivering these essential nutrients.

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 tsp (2.6 g)
		Servings 180
Amount Per Serving		% DV*
Calories 20		
Total Fat	1.5 g	2%
<i>Trans Fat</i> 0 g		
Soy Lecithin Granules	2,600 mg	†
Phosphatidyl Choline	1,000 mg	
Phosphatidyl Ethanolamine	390 mg	
Phosphatidyl Inositol	180 mg	
Choline	135 mg	
Phosphatidyl Serine	10 mg	

* Percent Daily Values (% DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Silicon Dioxide.

CONTAINS NO Milk, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, lubricant, coating, diluent, color, flavor, sweetener, preservative or genetically modified (GMO) ingredients.