

SUGGESTED USE Consume two capsules daily—preferably with food. 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.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

**100% SOLAR PRODUCTION
ZERO-CARBON FOOTPRINT**

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QUESTIONS? REORDERS?

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Henderson, NV 89011**

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PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

Concentrated Phosphatidyl Choline



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

Andrew Lessman's 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 †
(<i>B. arvensis</i> 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.