

SUGGESTED USE Consume two capsules daily. You can increase or decrease your intake as required or as guided by your physician. **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



QUESTIONS? REORDERS?
800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs
Henderson, NV 89011





ANDREW LESSMAN

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100% SOLAR

PHOSPHATIDYL CHOLINE
PC LIVER
& BRAIN
BENEFITS™
Concentrated Phosphatidyl Choline



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
Amount Per Serving		Servings 180
		%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	50 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.