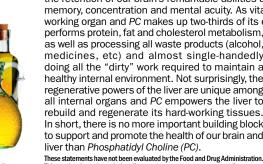
SUGGESTED USE Consume two or more capsules daily or as recommended by a health care professional. For best results take this product with food, preferably a complete meal. This product is most effective as part of a healthy diet and active lifestyle, along with one of ANDREW LESSMAN'S multi-vitaminmineral formulas. For answers to questions about the use of this product, call 800.808.7311.



PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS"

ULTRA-CONCENTRATE LIQUID "PC" PHOSPHATIDYL CHOLINE



This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

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 essential 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.

Supplement Fac		r Container 12
Amount Per Serving		%DV
Calories 10		
Calories from Fat 10		
Total Fat 1 g		29
Trans Fat 0 g		
Soy Lecithin Oil	1,200 n	ng (1.2 g) †
Phosphatidyl Choline	420 mg	
Choline	60 mg	
Phosphatidyl Ethanolamine	60 mg	
Phosphatidyl Inositol	36 mg	
alpha-Linolenic Acid (Omega-3)(fro	om flaxseed oil)	35 mg †
alpha-Linolenic Acid (Omega-3)(fro * Percent Daily Values (%DV) are based on a 2,00 † Daily Value not established.	,	35 mg

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

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605656-04U

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MILK THISTLE (SILYMARIN) TURMERIC (CURCUMIN) · ARTICHOKE



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 respected for centuries and has been shown to help protect liver cells from damage while promoting the liver's regenerative capacity. We add our activated Curcumin Phospholipid Complex with 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 and key B-vitamins to ensure the liver has all 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 OF ANY KIND.

Amount Per Serving		%DV*
Vitamin B6 (as pyridoxine hydrochlor	ide) 5 mg	2509
Vitamin B12 (as methylcobalamin - protected 0	25 mcg Coenzyme B1	4179 2)
Pantothenic Acid (as calcium pantothenate)	5 mg	509
Silymarin Phospholipid Complex (Milk thistle, 80% extract (fruit/see	100 mg d) and phosph	† nolipids)
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and ph	100 mg hospholipids)	†
Artichoke, extract (leaf) standardized to 2.5% cynarin	100 mg	†
Total Phospholipids	25 mg	t

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.