

SUGGESTED USE Consume two or more capsules daily with food or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

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PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

Concentrated Liquid Phosphatidyl Choline



Dietary Supplement | **180** 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 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, as well as processing 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)*. To assure you the greatest benefits possible, we enhance our **PC Liver & Brain Benefits** with the unique balance of plant-based Omega-3 fatty acids from Ahiflower® Oil.

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

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 Per Container 90

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

Total Omega Fatty Acids 48 mg †

(from Ahiflower® Oil B. arvensis seed)

ALA - Alpha-Linolenic Acid (Omega-3) 29 - 34 mg

SDA - Stearidonic Acid (Omega-3) 11 - 15 mg

GLA - Gamma-Linolenic Acid (Omega-6) 3 - 6 mg

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

† Daily Value not established.

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.