

SUGGESTED USE: Shake lightly before each use. Take 2 teaspoons (8 ml) once daily with food, preferably in the morning or afternoon. Use as directed by your healthcare professional.

STORAGE: Store in a cool, dry place away from direct sunlight. Refrigerate for maximum potency and longevity.

Optimal PC uses non-GMO sunflower lecithin to deliver 5,200 mg of blended phospholipids. Phospholipids are essential components of healthy cellular membranes and may help support cognitive health.[†]

[†] 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.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, artificial colors or artificial sweeteners.

Optimal PC Meets or Exceeds cGMP Standards.

PC-8OZ-LIQUID REV. 071717



PHYSICIAN FORMULATED



Seeking Health®

Optimal PC

Phospholipid Complex

Dietary Supplement

8 FL. OZ. (240 ML)

Supplement Facts

Serving Size: 8 ml

Servings Per Container: Approx. 30

	Amount Per Serving	%DV
Calories	45	
Calories From Fat	40	
Total Fat	4.5 g	7%
Saturated Fat	1 g	5%
Polyunsaturated Fat	2.5 g	*
Monounsaturated Fat	1 g	*
Total Carbohydrates	1 g	<1%

Phospholipid Complex 5200 mg *

Phosphatidylcholine (from Sunflower Lecithin)

Phosphatidylethanolamine (from Sunflower Lecithin)

Phosphatidylinositol (from Sunflower Lecithin)

Minor glycolipids (from Sunflower Lecithin)

Sunflower oil

* %DV (Daily Value) Not Established

%DV Based on a 2,000 Cal/day Diet.

Other Ingredients: None.

Not a significant source of cholesterol, sugar, or protein.

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Manufactured for and Distributed by:

Seeking Health

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