

SUGGESTED USE: Take one softgel daily with food preferably in the morning or afternoon. Do not take in the evening hours. Use as recommended by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach of children.

Optimal PC uses non-GMO sunflower lecithin to deliver 800 mg of blended phospholipids. Phospholipids are essential components of healthy cellular membranes and may help support cognitive health.[†] A typical serving delivers about 120 mg of phosphatidylcholine (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.

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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Optimal PC

Phospholipid Complex



Dietary Supplement

100 SOFTGELS

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 100

	Amount Per Serving	%DV
Phospholipid Complex	800 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

Other Ingredients: Gelatin, glycerin, water.

NO INGREDIENTS SOURCED FROM: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, or artificial preservatives.

Optimal PC Meets or Exceeds cGMP Standards.