

Each Serving Contains:

2000 mg (2.0 g) of phosphatidylcholine. Essential PC Lipids® support cell membranes, liver function, cardiovascular, and cholinergic metabolic functions, among others. PC Lipids are essential for good nutrition and overall wellness.*

Essential PC Lipids® powder has a naturally pleasant taste and can be taken alone or mixed with your favorite foods. The powder may occasionally cake together. This is normal and does not affect product quality.

SUGGESTED USAGE: As a dietary supplement take 5 grams (~1.5 teaspoons) per day or as directed by your physician.

Store tightly closed in a cool dry place 15°- 30°C (59°-89°F)
Keep out of the reach of children.

*** 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.**



essential PC®
... (40% phosphatidylcholine)

PC *Lipids*®

Dietary Supplement

Professional Formulations

300 Grams

Supplement Facts

Serving Size: 5 Grams

Servings Per Container: 60

Amount Per Serving	% Daily Value	
Calories	36	
Calories from Fat	27	
Total Fat	3 g	5%*
Saturated Fat	0.5 g	0%*
Polyunsaturated Fat	2.0 g	†
Monounsaturated Fat	0.5 g	†
Phosphatidylcholine	2.0 g	†
(Soy Lecithin Concentrate - 40% Purified PC)		

* Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

Other Ingredients: Silica

NO: wheat, gluten, corn protein, soy protein, yeast, dairy products, artificial colors, sweeteners or preservatives

Lot:

Exp:

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... Advanced Lipid Science