

**SUGGESTED USE** Consume two or more capsules daily with food 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 **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Founder of PROCAPS LABS

**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200**  
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430 Parkson Road • Henderson, NV 89011

# PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™



360 Easy-to-Swallow Capsules

**Andrew Lessman's PHOSPHATIDYL CHOLINE LIVER AND BRAIN BENEFITS** provides a concentrated source of Phosphatidyl Choline, which is the most abundant phospholipid in the body – particularly the liver and brain. Although the body can produce Choline, our dietary contribution of this nutrient has decreased, so the U.S. Food and Drug Administration now recognizes Choline as essential. Choline plays a vital role in a multitude of processes throughout the body, including the health of the nervous and cardiovascular systems, the integrity of cell membranes, as well as the growth of healthy hair. Phosphatidyl Choline is a precursor and necessary raw material for the production of two vital components of the nervous system, Acetylcholine (a vital neurotransmitter) and Sphingomyelin (required for nerve cell protection). Both are absolutely essential for the normal, healthy functioning of the nervous system and brain. Given this role, it is not surprising that Phosphatidyl Choline has been observed to help with the mild memory problems associated with aging. Phosphatidyl Choline is also the most prominent component in the liver's complex array of membranes and makes up almost two-thirds of the more than 355,000 square feet of the liver's total functional surface area. Phosphatidyl Choline is absolutely essential to the performance of the liver's vital role of cleansing the body's internal environment and processing and excreting chemical waste products, including most medicines and alcohol. It is also required for the transport and metabolism of fats and cholesterol within the body. Phosphatidyl Choline is absolutely unique in its prominence in both the brain and liver and the essential role it plays in the healthy functioning of each of these two vital organs.

This statement has not been evaluated by the Food and Drug Administration. 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 additive.

**CONTAINS NO ADDITIVES OF ANY KIND.**

| Supplement Facts                                                |        |                            |
|-----------------------------------------------------------------|--------|----------------------------|
| Serving Size 2 Capsules                                         |        | Servings Per Container 180 |
| Amount Per Serving                                              |        | %DV*                       |
| Calories 10                                                     |        |                            |
| Calories from Fat 10                                            |        |                            |
| Total Fat 1 g                                                   |        | 2%                         |
| Trans Fat 0 g                                                   |        |                            |
| Soy Lecithin Oil                                                |        | 1.2 g (1,200 mg)†          |
| 35% as Phosphatidyl Choline                                     | 420 mg |                            |
| 5% as Choline                                                   | 60 mg  |                            |
| 5% as Phosphatidyl Ethanolamine                                 | 60 mg  |                            |
| 3% as Phosphatidyl Inositol                                     | 36 mg  |                            |
| alpha-Linolenic Acid (Omega-3)(from flaxseed oil)               |        | 35 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).