

USAGE: Take 1 softgel 1 or 2 times per day, preferably with meals or as directed by your qualified healthcare professional.

Mega PC-35® contains soybean lecithin, concentrated to the level of 35% **PC** (phosphatidylcholine).

Phosphatidylcholine (lecithin) provides choline, a vital amine. PC is a main component of cell membranes and is critical for brain and liver function.* In the brain, PC is the precursor to acetylcholine, an important neurotransmitter involved in cognition and motor coordination.* In digestion, PC is part of the bile complex that emulsifies fats to facilitate the absorption of fats and fat-soluble nutrients.*

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.

Jarrow
F O R M U L A S

35% – Phosphatidylcholine

Mega PC-35®

TRIPLE-STRENGTH LECITHIN

PC is a Main Component of Cell Membranes and is Critical for Brain and Liver Function*

120 DIETARY
SOFTGELS SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel Servings Per Container 120

	Amount Per Serving	% DV
Choline (from 35% PC lecithin)	57 mg	11%
Lecithin	1200 mg	*
Phosphatidylcholine	420 mg	*

* Daily Value not established.

Other Ingredients: Softgel consists of gelatin, glycerin and water. Keep in a cool, dry, dark place. May be refrigerated, but keep lid tightly sealed.

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

07513MEGAPC PROD # 116001

Distributed Exclusively by:
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Lot #: Best Used Before:

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