

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 when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** 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
WWW.PROCAPSLABS.COM



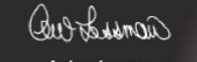
430 Parkson Road
Henderson, NV 89011



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PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

**ULTRA-CONCENTRATE LIQUID "PC"
PHOSPHATIDYL CHOLINE**



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules



LIVER ANTI-OXIDANTS™

**MILK THISTLE (SILYMARIN)
ARTICHOKE • TURMERIC (CURCUMIN)**



DIETARY SUPPLEMENT



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, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener or preservative.

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
Flaxseed Oil	50 mg †
alpha-Linolenic Acid	35 mg

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, Glycerin). **NO ADDITIVES.**

Andrew Lessman's LIVER ANTI-OXIDANTS contains highly concentrated standardized extracts of Milk Thistle, Artichoke and Turmeric (Curcumin), along with important nutrients necessary to support liver function. The liver is the largest internal organ in the body, comprising about 2% of the total body weight and is arguably the hardest working organ. The liver must keep our body's internal environment healthy and to do so constantly performs thousands of chemical reactions, including the metabolizing of drugs, alcohol and other chemicals within the body. To support this extremely hard working organ, **Liver Anti-Oxidants** includes our Milk Thistle extract, standardized for high levels of Silymarin. Research has shown that Silymarin is a potent anti-oxidant that specifically helps to protect the liver from free radical damage and helps to stabilize and support liver cell membranes, while also supporting the production of the liver's own powerful anti-oxidant enzymes, such as glutathione. **Liver Anti-Oxidants** also includes high levels of Artichoke and Turmeric (Curcumin) extracts to support the liver's detoxification processes and provide additional anti-oxidant benefits. The liver plays a vital role in our health, yet the way we live places a tremendous burden on this hard working organ, so it only makes sense that we provide it with targeted protection.

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, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360
Amount Per Serving	%DV*
Vitamin B6 (as pyridoxine hydrochloride)	5 mg 250%
Folic Acid	25 mcg 6%
Vitamin B12 (as cyanocobalamin)	25 mcg 417%
Pantothenic Acid (as calcium pantothenate)	5 mg 50%
Milk Thistle , extract (seed) standardized to 80% silymarin	125 mg †
Turmeric , extract (root) standardized to 95% curcuminoids	100 mg †
Artichoke , extract (leaf) standardized to 2.5% cynarin	100 mg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule. **NO ADDITIVES.**