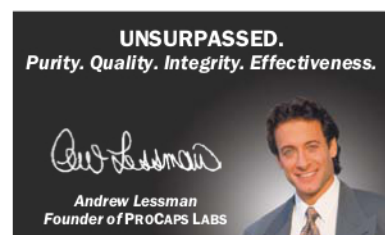


SUGGESTED USE Consume one or more teaspoon(s) daily or as recommended by a health care professional. You can enjoy the taste of **ULTIMATE PC+ GRANULES** consumed directly from the container or you can sprinkle them on just about any food such as fruit, toast and cereal (hot or cold); or blend them with yogurt, smoothies, pureed fruit and more. 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.**

This package contains the full weight indicated on the label. Settling of contents can occur after production.



QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com

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ULTIMATE PC+ PHOSPHATIDYL CHOLINE LIVER & BRAIN GRANULES™

ULTRA HIGH POTENCY PHOSPHOLIPIDS
1,000MG PC • 400MG PE • 275MG PI • 25MG PS



PROCAPS LABORATORIES

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16 oz (1 lb.) (450g) • 180 Servings

Andrew Lessman's ULTIMATE PC+ LIVER and BRAIN GRANULES provides a unique ultra-concentrated source of four essential phospholipids with exceptionally high levels of **Phosphatidyl Choline (PC)**, which is the most abundant and important phospholipid in the body – particularly in the liver and brain. Phospholipids are vital to the structure of all cell membranes, and **Phosphatidyl Choline** is an essential building block of both liver and brain cells. The U.S. Food and Drug Administration now recognizes Choline as essential because its content in our diet is inadequate and Choline plays such a vital role in so many processes throughout the body, including the liver, nervous and cardiovascular systems, as well as the integrity of all cell membranes, the metabolism of fat and the growth of healthy hair. **PC** is a necessary raw material for the production of two vital components of the nervous system, acetylcholine, which is the primary neurotransmitter that allows all our nerve cells to communicate, as well as sphingomyelin, which forms the sheath that protects nerve cells. Both are absolutely essential for the normal, healthy functioning of the nervous system and brain – particularly as we age. In addition to providing extremely high levels of **Phosphatidyl Choline** (1,000 mg per tsp), our special **PC+ Granules** also provide almost 700 mg of **Phosphatidyl Inositol (PI)** and **Phosphatidyl Ethanolamine (PE)**, as well as 25 mg of all-important **Phosphatidyl Serine (PS)**. **PC** and **PS** are the most concentrated and critical phospholipids in the brain and both have been observed to help with the mild memory problems associated with the normal aging process. **PS** also supports our body's healthy response to stress while supporting mental clarity, memory and cognitive function. The liver is perhaps the hardest working organ in our body and is comprised of more than 355,000 square feet of membrane surface area. **PC** makes up almost two-thirds of the more than 8 acres (about 8 football fields) of that hard-working membrane surface area within the liver. **PC** is essential to the liver's vital role of cleansing the body's internal environment and processing waste products, including virtually all medicines and alcohol. It is also required for the transport and metabolism of fat, protein and cholesterol within the body. **PC** is absolutely unique in its predominance in both the brain and liver, as well as the critical role it plays in the healthy function of these two vital organs. Given our concerns about fat and cholesterol metabolism, along with our society's increasing consumption of medicines and alcohol, **PC** and **PS** just make sense and our new **Ultimate PC+** is our most concentrated, comprehensive and economical way of delivering these essential nutrients.

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.

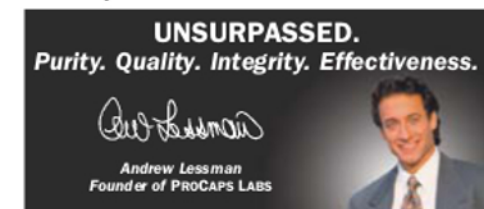
Supplement Facts

Serving Size 1 tsp (2.5 g)	Servings Per Container 180
Amount Per Serving	%DV*
Calories 20	Calories from Fat 15
Total Fat 1.5 g	2%
Trans Fat 0 g	
Soy Lecithin Granules	2.5 g (2,500 mg) †
40% as Phosphatidyl Choline	1,000 mg
16% as Phosphatidyl Ethanolamine	400 mg
11% as Phosphatidyl Inositol	275 mg
5% as Choline	135 mg
1% as Phosphatidyl Serine	25 mg

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

Other Ingredients: Silicon Dioxide.

SUGGESTED USE Consume one or more capsules daily 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.**



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LIVER ANTI-OXIDANTS™

MILK THISTLE (SILYMARIN)
ARTICHOKE • TURMERIC (CURCUMIN)



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360 Easy-to-Swallow Capsules

Andrew Lessman's LIVERANTI-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.