

BODYBIO

PC[®]

PHOSPHATIDYL CHOLINE

*Complex of Omega 6 to
Omega 3 at a 4:1 Ratio*

100 softgels
900 mg

Dietary Supplement

Supplement Facts

Serving Size: 2 softgels

Servings: 50

Amount per serving	% Daily Value*	
Calories 9		
Calories from Fat 8		
Total Fat	0.90 g	1.5%
Saturated Fat	0.20 g	<1%
Polyunsaturated Fat	0.60 g	†
Monounsaturated Fat	0.11 g	†
Phospholipid Complex	900 mg	†

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

† Daily Value not established.

INGREDIENTS: Phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, minor glycolipids, a proprietary blend of essential fatty acids linoleic and alpha linolenic, oleic acid, minor fatty acids, ethanol. DERIVED FROM SOY.

BodyBio PC: The membrane holds the balance of life of every cell. Phosphatidylcholine (PC) comprises approximately 50% of the cell membrane. The loss of PC in the membrane is replaced with Sphingomyelin and a consummate increase of very long chain fatty acids.

Sixty-nine percent of the chemical structure of PC is fatty acids. BodyBio PC is formulated with a fatty acid ratio of 4 parts omega 6 to 1 part omega 3. The 4:1 ratio has been proven to be the best ratio to balance the Essential Fatty Acids (EFA) of the body. The World Health Organization has endorsed the 4:1 ratio as the optimum balance of omega 6 and omega 3 EFAs.*

*This statement has not been evaluated by the Food and Drug Admin. This product is not intended to diagnose, treat, cure or prevent any disease.

SUGGESTED USE: Take 2 softgels per day or as directed by your physician.

KEEP OUT OF REACH OF CHILDREN. Keep Tightly Closed In A Dry Place at Room Temperature (59 - 86 degrees F.). **DO NOT USE IF SAFETY SEAL IS BROKEN.** Distributed by: BODYBIO Inc., 45 Reese Rd., Millville, NJ 08332 www.bodybio.com



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