

SUGGESTED USE Consume two 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 as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN**'s multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of ProCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999
www.HSN.COM



800.800.1200
ProCAPSLABS.COM

PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

ULTRA-CONCENTRATE LIQUID “PC”
PHOSPHATIDYL CHOLINE





PROCAPS
LABORATORIES



ALL-SOLAR
MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's PHOSPHATIDYL CHOLINE LIVER AND BRAIN BENEFITS provides a concentrated, stable source of the most important phospholipids essential for healthy brain and liver function. We focus on *Phosphatidyl Choline (PC)*, since it is the predominant phospholipid in both the brain and liver and is now recognized by the FDA as an essential nutrient because of its important role and scarcity in our diet. *PC* is essential for the creation of all brain and liver cells, as well as the production of our most important neurotransmitter – Acetylcholine. *PC* is also required to produce the protective sheath for our brain and nerve cells. The human brain is extraordinary; yet, as we age, we all experience significant changes in memory and brain function. *PC* is a first line of defense to help support the retention of our brain's remarkable abilities and combat those normal, age-related changes in memory, concentration and mental acuity. As vital as the brain is, the liver is arguably our hardest working organ and *PC* makes up two-thirds of its enormous surface area (almost 8 acres!) where it performs protein, fat and cholesterol metabolism, as well as processing all waste products (alcohol, medicines, etc) and almost single-handedly doing all the “dirty” work required to maintain a healthy internal environment. Not surprisingly, the regenerative powers of the liver are unique among all internal organs and *PC* empowers the liver to rebuild and regenerate its hard-working tissues. In short, there is no more important building block to support and promote the health of our brain and liver than *Phosphatidyl Choline (PC)*.

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.

CONTAINS NO Milk, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 2 Softgels		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	1,200 mg(1.2 g)	†
Phosphatidyl Choline	420 mg	
Choline	60 mg	
Phosphatidyl Ethanolamine	60 mg	
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).		