

**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 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.**

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



Andrew Lessman  
Founder of PROCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999  
WWW.HSN.COM



800.800.1200  
PROCAPSLABS.COM

# ULTIMATE PC+ PHOSPHATIDYL CHOLINE LIVER & BRAIN GRANULES™

## ULTRA HIGH POTENCY PHOSPHOLIPIDS

1,000 MG PC • 400 MG PE • 275 MG PI • 25 MG PS



32 oz (2 lb) (900 g) • 360 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.

These statements 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, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, color, flavor, sweetener or preservative.

### Supplement Facts

| Serving Size 1 tsp (2.5 g)       |                      | Servings Per Container 360 |
|----------------------------------|----------------------|----------------------------|
| Amount Per Serving               |                      | %DV*                       |
| Calories 20                      | Calories from Fat 15 |                            |
| Total Fat 1.5 g                  |                      | 2%                         |
| Trans Fat 0 g                    |                      |                            |
| Soy Lecithin Granules            |                      | 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.