

USAGE: Take 1 softgel 1 or 2 times per day, preferably with meals or as directed by your qualified health care consultant.

MEGA PC-35™ contains soybean lecithin, concentrated to the level of 35% **PC** (phosphatidylcholine).

Phosphatidylcholine (lecithin) is a good source of choline, a B vitamin. PC is a main component of cell membranes and is critical for brain and liver function.* In the brain, PC is the precursor to acetylcholine, an important neuro-transmitter involved in cognition and motor coordination.* In digestion, PC is part of the bile complex that emulsifies fats to facilitate the absorption of fats and fat-soluble nutrients.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

MEGA PC-35™

**Triple-Strength Lecithin
35% – Phosphatidylcholine**

**PC is a main component of cell
membranes and is critical for
brain and liver function***

1200 mg 120 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Softgel Servings Per Container 120

	Amount Per Softgel	% DV
Choline (from 35% PC lecithin)	57 mg	11%
Lecithin	1200 mg	*
Phosphatidylcholine	420 mg	*

* Daily Value not established.

Other Ingredients: Softgel consists of gelatin, glycerin and water. Keep in a cool, dry, dark place. May be refrigerated, but keep lid tightly sealed.

Contains: Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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