

**USAGE:** Take 1 softgel 1 or 2 times per day, preferably with meals or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

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

**Phosphatidylcholine (lecithin)** provides choline, a vital amine. 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 neurotransmitter 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

35% – Phosphatidylcholine

# Mega PC-35®

## TRIPLE-STRENGTH LECITHIN

PC is a Main Component of Cell Membranes and is Critical for Brain and Liver Function\*

120 DIETARY  
SOFTGELS SUPPLEMENT



## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 120

	Amount Per Serving	% DV
Choline (from 35% PC Lecithin)	57 mg	10%
Lecithin	1,200 mg	†
Phosphatidylcholine	420 mg	†

† Daily Value not established.

Other Ingredients: Medium chain triglycerides; softgel consists of bovine gelatin, glycerin and purified water.

Keep in a cool, dry, dark place. May be refrigerated, but keep lid tightly sealed.

**Contains:** Soy.

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

09318MEGAPC PROD # 116001

Distributed Exclusively by:  
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