

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:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com



© 2018 Jarrow FORMULAS®