

BODYBIO

PC Phosphatidyl Choline 100 softgels



**Complex of Omega 6 to
Omega 3 at a 4:1 Ratio**

**Dietary Supplement
100 softgels • 900 mg**

Supplement Facts

Serving Size: 1 softgel

Servings: 100

Amount per softgel % Daily Value*

Calories 9

Calories from Fat 8

Total Fat 0.90 g 1.5%

Saturated Fat 0.2 g <1%

Polyunsaturated Fat 0.6 g †

Monounsaturated Fat 0.11 g †

Phospholipid Complex 900 mg †

*% Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

INGREDIENTS: Phosphatidylcholine, Phosphatidylethanolamine, phosphatidylinositol, minor glycolipids, a proprietary blend of essential fatty acids linoleic and alpha linolenic, oleic acid, minor fatty acids, ethanol.

SUGGESTED USE: Take 2 softgels per day or as directed by your physician.

BodyBio PC: The membrane holds the balance of life of every cell. Phosphatidylcholine (PC) comprises approximately 50% of the cell membrane. The loss of PC in the membrane is replaced with Sphingomyelin and a consummate increase of very long chain fatty acids.

Sixty-nine percent of the chemical structure of PC is fatty acids. BodyBio PC is formulated with a fatty acid ratio of 4 parts omega 6 to 1 part omega 3. The 4:1 ratio has been proven to be the best ratio to balance the Essential Fatty Acids (EFA) of the body. The World Health Organization has endorsed the 4:1 ratio as the optimum balance of omega 6 and omega 3 EFAs.*

*This statement has not been evaluated by the Food and Drug Admin. This product is not intended to diagnose, treat, cure or prevent any disease.