

BODYBIO

PC Phosphatidyl Choline 300 softgels



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

**Dietary Supplement
300 softgels • 900 mg**

Supplement Facts

Serving Size: 1 softgel
Servings: 300

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.