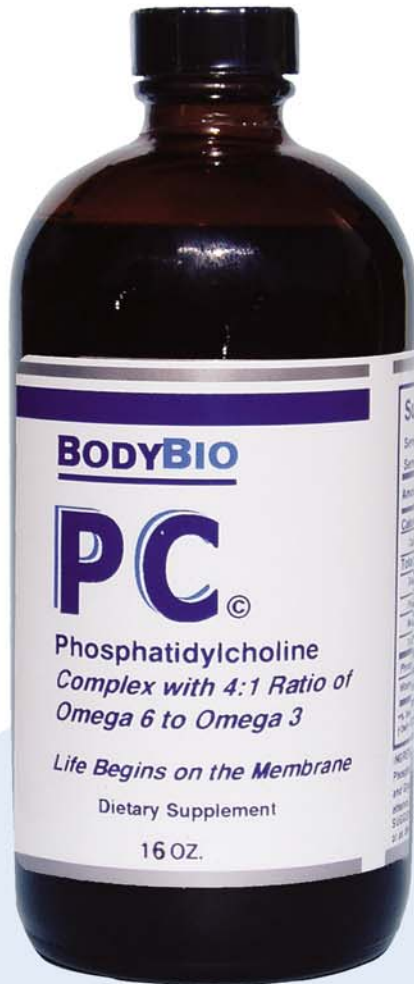


BODYBIO

# PC Phosphatidyl Choline 16 oz.



**Complex of Omega 6 to  
Omega 3 at a 4:1 Ratio**  
**Dietary Supplement**  
**16 oz.**

## Supplement Facts

Serving Size: One Teaspoon (5 ML.)

Servings: 96

Amount per Teaspoon	% Daily Value*	
Calories	28	
Calories from Fat	25	
Total Fat	2.85 g	4%
Saturated Fat	.61 g	2%
Polyunsaturated Fat	1.90 g	†
Monounsaturated Fat	.34 g	†
Phospholipid Complex	3000 mg	†
Vitamin E	7 IU	23%

\*% 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 1-2 teaspoons 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.