Phosphatidyl Choline (PC) is the most predominant phospholipid building block of animal and plant cell membranes, and it’s an integral part of the structure of circulating lipoproteins. It is an integral component required for both membrane integrity and structure. Phosphatidyl Choline is a normal constituent of bile and facilitates fat emulsification, absorption, and transport. Metabolism of PC provides choline to the body, and while choline can be synthesized from methionine or serine, it is often considered an essential nutrient and must be obtained from the diet. Sufficient levels of Phosphatidyl Choline have been shown to support many biochemical pathways, enhance physiology, and restore critical functions—such as, liver detoxification of chemicals, heavy metals, and xenobiotics; fat metabolism, improved cholesterol levels, and reduced platelet aggregation risk; increased endurance for physical performance and improved post-exercise recovery. PC supplementation has demonstrated increased availability of the important neurotransmitter acetylcholine within the brain, leading to improved memory, cognition, and mood in disorders such as dementia, Alzheimer’s disease (2,3,4), and bipolar disorder. Other health-supporting mechanisms supported by PC include blood sugar regulation, cellular anti-inflammatory and regulatory messaging, lung surfactant health, protection of gastric mucosa from NSAID (5,6) use, and therapeutic potential for the treatment of Inflammatory Bowel Disease. PC is a powerful antioxidant and has been shown to have anti-aging benefits (7), in addition to improved joint mobility and reduced pain associated with rheumatoid arthritis. Choline is also a major source of methyl groups via its metabolite trimethylglycine (TMG), which is important for Phase II hepatic detoxification.

QuickSilver’s Etheric Delivery™ Phospholipid Encapsulation System brings the power of intravenous therapy into a convenient oral delivery. Etheric Delivery™ improves upon liposomal technology with smaller, more stable, single-layer spheres made from the highest-grade ingredients available. In addition to exceptional absorption rates, the nanospheres of Etheric Delivery™ have demonstrated the ability to cross the blood-brain barrier, deposit their cargo intracellularly, and enhance lymphatic circulation of nutrients. Also, the phospholipids that compose the liposome shell feed the cell membranes. This ensures the proper function for the absorption of nutrients and the excretion of cellular waste and toxins.

**Production Technology Features:**
- Tightly controlled small sizing, verified by Laser Dynamic Light Scattering on each batch (Phosphatidyl choline mean size 20-30nm)
- Precise pump delivery
- Easy to disperse in water when desired
- Intraoral delivery for best systemic availability
- Easy to dispense and take directly from bottle

**General Suggested Usage:** Take 1 teaspoonful (5ml) directly by mouth 1 to 3 times daily. Hold in mouth 30-60 seconds and swallow. Best taken on an empty stomach. Phosphatidyl Choline has also been shown to be useful while taking detoxification products to enhance fat metabolism and liver regeneration. Refrigerate after opening.

### SUPPLEMENT FACTS

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container: 24</td>
<td>Per Serving</td>
<td>Value</td>
</tr>
<tr>
<td>Phosphatidyl Choline (from purified sunflower seed lecithin)</td>
<td>700 mg</td>
<td>*</td>
</tr>
<tr>
<td>* Daily Value not established</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Glycerin, Ethanol, Vitamin E (as d-alpha tocopheryl polyethylene glycol 1000 succinate).

A Dietary Supplement - These statements have not been evaluated by the Food and Drug Administration. This product is not meant to diagnose, treat, prevent, or cure any disease.

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