

Do not accept if seal is broken. Product No. 4201

Store between 59°-86° F.

Keep out of the reach of children.

Lecithin is a natural source of phosphatidylcholine, phosphatidylinositol, and other phosphatides.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, gluten, milk, salt, sugar, preservatives or artificial color.

Certified



Gluten-Free



Lot No:

Best by:

02K12L



Certified



Gluten-Free

FOOD SUPPLEMENTS

LECITHIN

1200 mg

(19 grains) Including
61% Soy Phosphatides

Gluten-Free
Dietary Supplement
100 Softgels

Country[®]
Life

Directions: Adults take one (1) to three (3) softgels daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 3 softgels

Servings Per Container 33

Amount Per Serving		% Daily Value
Calories 30		
Calories from Fat	25	
Total Fat	2.5 g	4%*
Soy Lecithin (providing 2,196 mg of phosphatides)		3,600 mg (3.6 g) **
providing:		
Phosphatidylcholine	504 mg	**
Phosphatidylinositol	288 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell). Contains soy.

100% bovine gelatin, BSE-free

Manufactured for Country Life, LLC.

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CountryLifeVitamins.com