

Do not accept if seal is broken. Product No. 4550
Store between 59°-86° F. Keep out of the reach of children.

Country Life's Phosphatidyl Choline Complex (PC) is a good source of naturally occurring choline.

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.

03G11L *** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot No:

Best by:



FOOD SUPPLEMENTS

PHOSPHATIDYL CHOLINE COMPLEX

1200 mg

Helps to process fats and helps
support cell membranes***

50 Softgels

Dietary Supplement



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

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
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Calories 10	
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Calories from Fat 10	
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Total Fat 1 g	<2%*
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Phosphatidyl Choline Complex (soy lecithin)	1,200 mg (1.2 g)	**
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providing:

Phosphatidylcholine (equivalent to 55 mg of choline)	420 mg	**
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* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

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

100% bovine gelatin, BSE-free

Manufactured for Country Life, LLC

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CountryLifeVitamins.com

