



# Phosphatidyl- choline

Dietary Supplement

200 softgels • 420 mg

**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*



• DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN.  
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

## SUGGESTED USE:

As a dietary supplement, take two softgels  
one to two times per day with water.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 100

| Amount Per Serving                         |        | % Daily Value |
|--------------------------------------------|--------|---------------|
| Calories                                   | 15     |               |
| Total Fat                                  | 2 g    | 3%            |
| Phosphatidylcholine<br>(from soy lecithin) | 840 mg | *             |

Percent Daily Values based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: Sunflower oil, gelatin, glycerin,  
purified water.  
Contains soy.

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DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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