

Directions: As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

Bluebonnet's Phosphatidylcholine 420 mg Softgels contain triple strength soy lecithin that supplies 420 mg of phosphatidylcholine to help support cognitive and liver health. Plus, each capsule contains naturally occurring fatty acids (i.e., linoleic, oleic, palmitic and stearic acids) and phospholipids (i.e. phosphatidylethanolamine, phosphatidylinositol, and phosphatidic acid). Available in easy-to-swallow softgels for maximum assimilation and absorption.♦

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

♦ 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.



Bluebonnet®



Phosphatidyl Choline 420 mg

Triple Strength Lecithin
Dietary Supplement

120 Softgels



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Calories from fat	10	
Total Fat	1 g	<2
Saturated Fat (as palmitic acid, stearic acid)	150 mg	<1
Polyunsaturated Fat (as linoleic acid)	525 mg	*
Monounsaturated Fat (as oleic acid)	125 mg	*
Triple Strength Lecithin (supplying phosphatidylethanolamine, phosphatidylinositol phosphatidic acid)	1200 mg	*
Phosphatidylcholine	420 mg	*

Daily Value based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, soybean oil.

Manufactured for

Bluebonnet Nutrition Corporation

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www.bluebonnetnutrition.com