

Lecithin is a lipotropic substance and a natural source of phosphatidylcholine and phosphatidylinositol, two phospholipids found in the brain, as well as the essential fatty acid linoleic acid.*** Phospholipids, such as phosphatidylcholine, are key building blocks of cell membranes and choline is important for fat transport and cholesterol and fat metabolism in the liver.*** Choline supports homocysteine levels in the blood that are already in the normal range.*** Choline is essential for the production of acetylcholine, an important brain neurotransmitter.*** Country Life uses high quality lecithin to help support brain and nerve function and provide nervous system support.***

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

| | |
|--|--|
| YES CERTIFIED GLUTEN-FREE BY GFCO.ORG | NO YEAST OR CORN |
| YES CERTIFIED VEGAN BY THE AVA | NO WHEAT OR MILK |
| YES RECYCLABLE PACKAGING | NO PRESERVATIVES |
| YES MANUFACTURING SUPPORTS WIND POWER | NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS |
| YES KOSHER | NO MAGNESIUM STEARATE |

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



K

Dietary Supplement | **GRANULES** | NET WT. 8 OZ. (226 g)

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



LECITHIN GRANULES

Certified Gluten-Free

- ▶ High quality lecithin
- ▶ Natural source of phospholipids
- ▶ Rich source of choline
- ▶ Supports brain and nerve function***
- ▶ Provides nervous system support***

Directions: Adults take two (2) tablespoons daily. May be taken with liquids or food. Keep cap tightly closed. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablespoons (15 g)
Servings Per Container About 15

| Amount Per Serving | % Daily Value |
|---|---------------|
| Calories | 110 |
| Calories from Fat | 70 |
| Total Fat | 8 g 12%* |
| Saturated Fat | 2 g 10%* |
| Polyunsaturated Fat | 5 g ** |
| Monounsaturated Fat | 1 g ** |
| Total Carbohydrate | 5 g 2%* |
| Sugars | 0.5 g ** |
| Calcium (from tricalcium phosphate, soy lecithin) | 111 mg 11% |
| Phosphorus (from soy lecithin, tricalcium phosphate) | 510 mg 51% |
| Potassium (from soy lecithin) | 180 mg 5% |
| Soy Lecithin | 15 g ** |
| typically providing: | |
| Phosphatidylcholine (providing a minimum of 353 mg choline) | 3.4 g |
| Phosphatidylethanolamine | 3.0 g |
| Phosphatidylinositol | 2.1 g |

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

Contains soy. **CAUTION:** 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. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 4404