

Phosphatidyl Choline

Phosphatidylcholine, a primary component of lecithin, may be converted in the brain into the neurotransmitter acetylcholine.*

Suggested Use

As a dietary supplement, 1 to 4 softgels two or three times daily with meals, or as directed by a healthcare practitioner.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

Contains: 44 mg (2.7%) alcohol content per softgel.

*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.



AllergyResearchGroup®

Phosphatidyl Choline

For Brain, Liver, and Cell Membranes*



dietary supplement
100 softgels

Supplement Facts

Serving Size	4 Softgels
Servings Per Container	25

Amount Per Serving	% Daily Value*
Phosphatidylcholine (soy)	1.54 g †

† Daily Value not established.

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

Other ingredients: Gelatin, vegetable glycerin, purified water, other phospholipids, ethyl alcohol (2.7%).

Formulated exclusively for Allergy Research Group®
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