

SUGGESTED USE: 2 capsules daily.

Phosphatidyl choline supports key brain functions including memory and muscle control and assists fat metabolism in the liver and throughout the bloodstream. Phosphatidyl inositol supports nerve cell structure and nerve impulse transmission.*

*** 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.**

Each 1200 mg serving delivers important phytonutrients from pure soybean phospholipids. As well as being rich in phosphatidyl choline, this nutritious whole food provides 100% myo-inositol, the only bio-active form of this nutrient, and 230 mg of other biologically active phosphoglycerides.

This product contains no Sucrose, Gluten, Yeast, Corn or Milk Derivatives.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES
Available Exclusively From GNLD Distributors



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Fremont, CA 94538 U.S.A.

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NUTRITIONALS
Nature • Science



LECITHIN

*Natural phosphatidyl choline
and inositol*

DIETARY SUPPLEMENT
130 SOFTGEL CAPSULES

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 65

Amount Per Serving	% Daily Value	
Calories	16	
Calories from Fat	13	
Total Fat	1.5 g	2.5%*
Saturated Fat	0 g	0%*
Vitamin E (as d-alpha-tocopherol)	10 IU	33%
Magnesium (as magnesium oxide)	12 mg	3%
Phosphatidyl Choline (from soy lecithin)	175 mg	†
Phosphatidyl Inositol (from soy lecithin)	100 mg	†

* Percentage Daily Values are based on 2,000 calorie diet

† Daily Value not established

Other ingredients: Gelatin, glycerin, soybean oil, yellow beeswax, water, natural color and wheat germ oil.



**GNLD Scientific
Advisory Board**

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