



PHOSPHATIDYL CHOLINE

SUPPORTS
NERVOUS SYSTEM HEALTH*

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Phosphatidylcholine is the pre-dominant phospholipid in all cell membranes, including brain cell membranes. It is derived from lecithin. Phosphatidylcholine contains choline, a required precursor for the body to manufacture the important brain neurotransmitter acetylcholine. Phosphatidylcholine helps to support nervous system function.*

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
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SOLGB2890 02C

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 50

Amount Per Serving	%DV
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Calories	20
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Total Fat	1.5 g	2%**
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Phosphatidylcholine	840 mg	***
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**Percent Daily Values (DV) are
based on a 2,000 calorie diet

***Daily Value (DV) not established

Ingredients: Soy Lecithin Concentrate,
Gelatin, Vegetable Glycerin.

Contains soy ingredients.

**FREE OF: Gluten, Wheat, Dairy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take two (2) softgels daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

