

DIETARY SUPPLEMENT



PHOSPHATIDYL CHOLINE

100 SOFT GELS

8761 - 2a

Phosphatidyl Choline is an important phosphatide found in soya lecithin and is a true natural source of Choline. Each Carlson Phosphatidyl Choline soft gel provides approximately three times more natural Choline than an average lecithin capsule.

Choline is vital to the functioning of the brain and nervous system. The body uses choline to form acetylcholine which is necessary for the transmission of nerve messages from one cell to another. The memory process is dependent on acetylcholine.*

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Phosphatidyl Choline Complex (from soy)	1200 mg	†
consisting of:		
Phosphatidyl Choline (supplies 54 mg Choline)	400 mg	†

☆ Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Medium chain triglyceride oil (palm source). Soft Gel Shell: Pork gelatin, glycerin, water. Naturally contains phosphatidyl ethanolamine and phosphatidyl inositol. Contains soy.

Directions: Take one soft gel one to three times daily, preferably at mealtime. Natural color. Preservative-free. Milk-free. Wheat-free. Corn-free. Yeast-free. Salt-free. Gluten-free.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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