

Phosphatidylcholine (PC) is a phospholipid present in all cell membranes throughout the body (and the brain in particular) and contains choline, an important precursor to acetylcholine, a neurotransmitter in the brain.*** Country Life provides our best selling Phosphatidyl Choline Complex^Δ that contains 420 mg of PC to help support cell membranes, and support healthy cognitive function.***

*** 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, CORN OR WHEAT
YES RECYCLABLE PACKAGING	NO MILK, SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
	NO ARTIFICIAL COLORS OR FLAVORS
	NO ARTIFICIAL SWEETENERS
	NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

^ΔBased on SPINSScan Natural 52 weeks ending 11/3/2019.

Lot No:

Best by:

02120NDL



ESTABLISHED
— 1971 —
**Country
Life**

PHOSPHATIDYL CHOLINE COMPLEX

1,200 mg

Certified Gluten-Free

- Promotes healthy cognitive function***
- Helps support cell membranes***
- Helps to process fats***

Dietary
Supplement **200** Softgels

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

Directions: Adults take one (1) softgel daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g <2%*
Choline (from phosphatidylcholine)	55 mg 10%
Phosphatidyl Choline Complex (soy lecithin)	1,200 mg (1.2 g) **
providing:	
Phosphatidylcholine	420 mg **

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), soybean oil. Contains soy. 100% bovine gelatin, BSE-free.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

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

Manufactured for Country Life, LLC
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Product No. 4553