

Directions: Phosphatidyl Choline is a phospholipid containing choline as a head group which is found naturally in the body and is a major constituent of cell membranes. It is often taken as a choline supplement to support memory and the healthy function of brain cells. Phosphatidyl Choline is one of the most easily tolerated choline supplements as it is the form of choline most commonly found in food.*

Suggested Use: As a supplement for brain or liver health take one or two 1,200mg soft gels per day with food.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.

Manufactured for:
Double Wood LLC

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PHOSPHATIDYL CHOLINE

- * Promotes Healthy Cognitive Function & Memory
- * Supports Neuron Health
- * Supports Liver Health

210 Soft Gels 1,200mg

Dietary Supplement • Per Soft Gel

Supplement Facts

Serving Size: 1 Soft Gel

Servings Per Container: 210

Amount per Serving	% Daily Value
Phosphatidyl Choline Complex	1,200mg
Providing — Phosphatidyl Choline	420mg †

† Daily Value not established

Other Ingredients: Gelatin (shell), glycerin and purified water
Contains: Soy

WARNING: Consult your physician before use if you are taking any medications, are pregnant, nursing, or are under 18 years of age. Do not consume more than 4,800mg (4 soft gels) per day.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Phosphatidyl Choline and operate any heavy machinery until you know how it affects you. Keep out of reach of children.

***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.**