

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

**Bluebonnet's Phosphatidylcholine 420 mg Softgels** are specially formulated to help support cognitive and liver health with phosphatidylcholine and additional fatty acids (i.e., linoleic, oleic, palmitic and stearic acids) along with phosphatidic acid. ♦



**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, gluten, barley, rice, sodium and sugar.

Made in USA from imported ingredients.

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

# Bluebonnet



# Phosphatidyl Choline 420 mg

Brain Health ♦



Dietary Supplement **60 Softgels**

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	<2%**
Saturated Fat (as palmitic acid, stearic acid)	150 mg	<1%**
Polyunsaturated Fat (as linoleic acid)	525 mg	*
Monounsaturated Fat (as oleic acid)	125 mg	*
Lecithin (phosphatidylethanolamine, phosphatidylinositol, phosphatidic acid)	1200 mg	*
Phosphatidylcholine	420 mg	*

\*\*Percent Daily Value based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Gelatin (bovine), glycerin, purified water, soybean oil.

**Contains: Soybeans**

Manufactured for Bluebonnet Nutrition Corporation  
12915 Dairy Ashford, Sugar Land, Texas 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

