



**No Artificial Flavor or Sweetener,  
No Sugar, No Milk, No Lactose,  
No Gluten, No Wheat, No Yeast,  
No Fish, Sodium Free.**

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

**TO REORDER ITEM # 26123**  
**www.puritan.com**  
**1-800-645-1030**

Carefully Manufactured for  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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B100291 00A



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# BEAUTY & BRAINS

FOR BRAIN HEALTH\*

SUPPORTS  
HEALTHY SKIN\*

DIETARY SUPPLEMENT

60 Softgels

**DIRECTIONS:** For adults, take two (2) softgels daily, preferably with meals.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 30

| Amount Per Serving                                       |          | %Daily Value |
|----------------------------------------------------------|----------|--------------|
| Calories                                                 | 15       |              |
| Total Fat                                                | 1.5 g    | 2%**         |
| Saturated Fat                                            | 1.5 g    | 8%**         |
| Vitamin C (as Ascorbic Acid)                             | 90 mg    | 100%         |
| Zinc (as Zinc Gluconate)                                 | 30 mg    | 273%         |
| Phospholipid Complex                                     | 1,500 mg | ***          |
| (Standardized to contain 20% Phosphatidylserine, 300 mg) |          |              |

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

\*\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Glycerin, Medium Chain Triglycerides Oil. **Contains <2% of:** Caramel Color, Fractionated Soy Lecithin, White Beeswax.

Contains soy and tree nut (coconut) ingredients.

Contains bioengineered food ingredients.