

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 **120 Softgels**

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

| 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**
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