

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 09/04/2022.

Lot No:

Best by:



Dietary Supplement | **200** Softgels

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

MADE IN THE USA WITH GLOBALLY SOURCED INGREDIENTS
Manufactured for Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com • Product No. 4553

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***

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.