

**Phosphatidyl Choline** may help to calm racing thoughts and promote mental clarity\*. Choline is an essential nutrient that supports optimal brain and cellular health.\*

Choline is a natural ingredient of many foods, such as eggs, meats, whole grains, fruits, and vegetables. Supplementing your diet with choline helps ensure that your body will get enough for optimal health.\*

**Suggested Use:** For adults, take one (1) softgel one to three times daily, preferably with a meal or as recommended by a physician.

**Caution:** 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. Do not use if safety seal is damaged or missing. Store at room temperature.

\* 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.

**Manufactured For:**

NutraTek Health Innovations Inc.  
Box 919, Raymond, AB, T0K 2S0

**For Information and Orders:**

Toll Free: 1-855-955-1114  
[www.GetHardy.com](http://www.GetHardy.com)

**Send comments to:**

PO Box 416  
Sweetgrass, MT  
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Made in U.S.A.



# phosphatidyl choline

may help calm  
racing thoughts  
and improve focus  
and attention\*



Dietary Supplement

90 Softgels

## Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 90

	Amount Per Serving	% DV**
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%
Soy Lecithin	1200 mg	†
(typically contains Phosphatidylcholine 420 mg)		

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Values not established.

Other Ingredients: Gelatin, Glycerin, Purified Water.

Contains: Soy.

