

Do not accept if seal is broken. Product No. 4205
Store between 59°-86° F.
Keep out of the reach of children.

Lecithin is a natural source of phosphatidylcholine,
phosphatidylinositol, and other phosphatides.

Certified



Gluten-Free



Manufactured for: **Country Life**

101 Corporate Drive

Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10G020B

08/12

Best by:



FOOD SUPPLEMENTS

LECITHIN

1200 mg

(19 grains) Providing
61% Soy Phosphatides

300 Softgels

Dietary Supplement

Country Life®

Certified



Gluten-Free

Directions: Adults take one (1) to three (3) softgels daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 3 softgels

Servings Per Container 100

Amount Per Serving

% Daily Value

Calories 30

Calories from Fat 30

Total Fat 3 g

5%*

Soy Lecithin

3,600 mg

(providing 2,196 mg of phosphatides)

providing:

Phosphatidylcholine

504 mg

Phosphatidylinositol

288 mg

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell). Contains soy.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, gluten, milk, salt, sugar, starch, preservatives or artificial color.