

Do not accept if seal is broken.

Product No. 4551

Store between 59°-86° F.

Keep out of the reach of children.

Country Life's Phosphatidyl Choline Complex (PC) is a good source of naturally occurring choline.

*** 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.

Manufactured for: Country Life

101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10M006B
12/12

Best by:



FOOD SUPPLEMENTS

PHOSPHATIDYL CHOLINE COMPLEX

1200 mg

Helps to process fats and helps
support cell membranes***

100 Softgels

Dietary Supplement



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

Calories from Fat 10

Total Fat 1 g <2%*

Phosphatidyl Choline Complex (soy lecithin) 1,200 mg (1.2 g) **

typically providing:

Phosphatidylcholine 420 mg **
(equivalent to 55 mg of choline)

* 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.

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, preservatives or artificial color.

Certified



Gluten-Free

