

Do not accept if seal is broken. Product No. 4553
Store in a cool, dry place. Keep out of the reach of children.
Country Life's Phosphatidyl Choline Complex (PC) naturally contains phosphatidylinositol (PI), phosphatidylethanolamine (PE) and other related phosphorus-containing lipids.

*** 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.

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

12E7L Lot No:

10C024C
04/12

Best by:



PHOSPHATIDYL CHOLINE COMPLEX

1200 mg

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

200 Softgels

Dietary
Supplement

**Country
Life®**



Directions: Adults take one (1) softgel daily with food.

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	1,200 mg **
(soy lecithin)	
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.

www.countrylifevitamins.com
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