

Phosphatidylcholine is the predominant phospholipid in all cell membranes, including brain cell membranes. It is derived from lecithin. Phosphatidylcholine contains choline, a required precursor for the body to manufacture the important brain neurotransmitter acetylcholine. Phosphatidylcholine helps to promote healthy cognitive function.*

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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SOLGB2890 01B



PHOSPHATIDYL CHOLINE

SUPPORTS
COGNITIVE FUNCTION*

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 50

Amount Per Serving	%DV
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Calories	20
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Calories from Fat	15
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Total Fat	1.5 g	3%**
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Phosphatidylcholine	840 mg	***
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**Percent Daily Values (DV) are
based on a 2,000 calorie diet

***Daily Value (DV) not established

Ingredients: Soy Lecithin Concentrate, Gelatin,
Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary
supplement for adults, take two (2)
softgels daily, preferably at meal-
times, or as directed by a healthcare
practitioner.

If you are pregnant, nursing, taking any
medication or have a medical condition,
please consult your healthcare practitioner
before taking any dietary supplement. Keep
out of reach of children. Store in a cool, dry
place. Do not use if outer bottle seal is missing,
torn or damaged in any way.

*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.

