**DIRECTIONS:** Take two softgels daily, or use as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

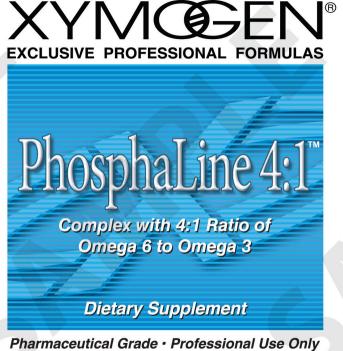
Phosphatidylcholine (PC) is perhaps the most important molecule among tens of thousands of molecules that comprise a cell. It makes up approximately 50% of the cell membrane, which holds the balance of life in every cell. The pure phospholipids in PhosphaLine 4:1™ form liposomes in the body's watery environment

Whereas many other PC formulas on the market contain an approximate ratio of 12:1 between omega 6 and omega 3 fatty acids. PhosphaLine 4:1 contains a 4:1 ratio, which has been endorsed as optimal by the World Health Organization.

STORAGE: Keep tightly closed in a dry place at controlled room temperature 15°-30°C (59°-86°F), out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.





300 Softgels

## **Supplement Facts**

Serving Size: 2 Softgels Servings Per Container: 150

	Amount Per Serving	%Daily Value
Calories	9	
Calories from Fat	8	
Total Fat	0.9 g	1.5%
Saturated Fat	0.2 g	<1%
Polyunsaturated Fat	0.6 g	**
Monounsaturated Fat	0.11 g	**
Phospholipid Complex	900 mg	**

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

Other Ingredients: Phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, minor glycolipids, a proprietary blend of essential fatty acids linoleic and alpha-linolenic, oleic acid, minor

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fatty acids, ethanol, and gelatin.

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