

From Country Life Vitamins, a leader in Phosphatidylcholine!^Δ Phosphatidylcholine (PC) is a phospholipid present in all cell membranes throughout the body (and the brain in particular) and contains choline, an important precursor to acetylcholine, a neurotransmitter in the brain.*** Country Life provides our best selling Phosphatidyl Choline Complex^Δ that contains 420 mg of PC to help support cell membranes, and support healthy cognitive function.***

*** 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.

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, CORN OR WHEAT
YES	RECYCLABLE PACKAGING	NO	MILK, SALT OR SUGAR
YES	MANUFACTURING SUPPORTS	NO	PRESERVATIVES
	WIND POWER	NO	ARTIFICIAL COLORS OR FLAVORS
		NO	ARTIFICIAL SWEETENERS
		NO	MAGNESIUM STEARATE

^Δ Based on SPINSScan Natural 52 weeks ending 3/22/2015.

Lot No:

Best by:

04H15NL



This product has been manufactured at a GMP Registered facility.

ESTABLISHED
— 1971 —
**Country[®]
Life**

PHOSPHATIDYL CHOLINE COMPLEX

1200 mg

Certified Gluten-Free

- Promotes healthy cognitive function***
- Helps support cell membranes***
- Helps to process fats***

Dietary
Supplement

100 Softgels

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

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

* 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. Contains soy. 100% bovine gelatin, BSE-free.

CAUTION: 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. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.**

Manufactured for Country Life, LLC
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