



Phosphatidyl Choline

54 mg of Choline

DIETARY SUPPLEMENT

Supports Healthy Brain Function*

100 Soft Gels

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Phosphatidyl Choline Complex (from soy lecithin)	1200 mg	†
Phosphatidyl Choline (supplies 54 mg Choline)	400 mg	†

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

Other Ingredients: Medium chain triglyceride oil (palm source). Soft Gel Shell: Pork gelatin, glycerin, water. Naturally contains phosphatidyl ethanolamine and phosphatidyl inositol. Contains soy.

Directions: Take one soft gel one to three times daily, **at mealtime.**

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Phosphatidyl choline is the most plentiful of the phospholipids, a group of specialized fat molecules, found in plant and animal cells. An important building block of cell membranes, phosphatidyl choline helps form the lining around each cell. Carlson Phosphatidyl Choline is derived from soy lecithin, a natural source of choline. Vital to the body, choline is a precursor of acetylcholine, a neurotransmitter required for healthy normal brain and nervous system function.*

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

POTENCY & QUALITY GUARANTEED

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