

Lecithin is a lipotropic substance and a natural source of phosphatidylcholine and phosphatidylinositol, two phospholipids found in the brain, as well as the essential fatty acid linoleic acid. Phospholipids, such as phosphatidylcholine, are key building blocks of cell membranes, and choline is important for fat transport and cholesterol and fat metabolism in the liver.\*\*\* Choline supports homocysteine levels in the blood that are already in the normal range.\*\*\* Choline is essential for the production of acetylcholine, an important brain neurotransmitter.\*\*\* Country Life uses a high quality lecithin to help support brain and nerve function and provide nervous system support.\*\*\* Country Life provides 3,600 mg of lecithin in three (3) softgels.

\*\*\*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  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER

**NO** YEAST, CORN OR WHEAT  
**NO** MILK, SALT OR SUGAR  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.  
 Lot No:

Best by:



Dietary Supplement **100** Softgels

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

ESTABLISHED  
 — 1971 —  
**Country Life**

• NATURAL •

# LECITHIN

1200 mg • 19 grains  
 Certified Gluten-Free

- Natural source of phospholipids
- Good source of choline
- Supports brain and nerve function\*\*\*
- Provides nervous system support\*\*\*

**Directions:** Adults take one (1) to three (3) softgels daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 3 softgels  
 Servings Per Container 33

Amount Per Serving	% Daily Value
Calories	30
Calories from Fat	25
Total Fat	2.5 g 4%*
Soy Lecithin (providing 61% soy phosphatides equal to 2,196 mg)	3,600 mg (3.6 g) **
<b>providing:</b>	
Phosphatidylcholine (providing a minimum of 52 mg of choline)	504 mg **
Phosphatidylinositol	288 mg **

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

Other Ingredients: Gelatin, glycerin, purified water (capsule shell). 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 in a dry place between 59°-86° F. Keep out of the reach of children.**

Manufactured for Country Life, LLC  
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 CountryLifeVitamins.com  
 Product No. 4201