



1-866-293-3367

Product Info

Supplement Facts

Reviews

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Healthy Info & More

the Vitamin Shoppe Phosphatidyl Choline (385 MG) 100 Softgels

Product Label

PHOSPHATIDYL CHOLINE - 385 MG

ESSENTIAL FOR HEALTHY LIVER FUNCTION

SOFTGELS

NO: YEAST, CORN, WHEAT, SUGAR, SALT, STARCH, DAIRY, CITRUS, FISH

About this product

One of the phospholipids found in high concentrations in the brain, reported in studies as being able to improve memory, learning, concentration, word recall, and mood in middle-aged and elderly persons with dementia or decreased cognitive function. Has been used to support memory and cognitive function in individuals with mild to moderate faulty memory due to age.

Directions

As a dietary supplement, take one (1) to three (3) softgels daily, preferably with meals.

Warning

KEEP OUT OF REACH OF CHILDREN.

Does Not Contain:

Yeast, Corn, Wheat, Sugar, Salt, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors Added.

Phosphatidyl Choline Supplement Facts

How do you read a supplement facts label?

Supplement Facts

Serving Size 1 SOFTGEL

Servings Per Container 100

	Amount Per Serving	% Daily Value
Calories	10	N/A*
Calories From Fat	10	N/A*
Total Fat	1 Gm	1%
Phosphatidyl Choline(From Soy Lecithin)	385 Mg	N/A*

* Daily value not established

Other Ingredients:

Gelatin, glycerin, medium chain triglycerides, purified water. Contains Soy