

# Phosphatidylcholine

Product # 1410

100 Capsules

## Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1.2 g	2% †
Saturated Fat	0.17 g	1% †
Polyunsaturated Fat	0.54 g	*
Monounsaturated Fat	0.11 g	*
Cholesterol	0 g	0%
Sodium	0 g	0%
Protein	0 g	0% †
Phosphatidylcholine (from soy lecithin)	420 mg	*

† Percent Daily Values based on a 2,000 calorie diet

\* Daily Value not established

**Other ingredients:** Gelatin, glycerin and water.

Each softgel capsule contains 1,200 mg of lecithin providing 420 mg phosphatidylcholine

**Other phospholipids:** Phosphatidylserine, phosphatidylethanolamine, and phosphatidylinositol.

**RECOMMENDATION:** One (1) to three (3) capsules each day as a dietary supplement or as otherwise recommended by your healthcare professional.

### KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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