

Do not accept if seal is broken. Product No. 4201
Store between 59°-86° F.

Keep out of the reach of children.

Lecithin is a natural source of phosphatidylcholine,
phosphatidylinositol, and other phosphatides.

Certified



Gluten-Free



Manufactured for: Country Life

101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

Lot No:

12J9L

Best by:



FOOD SUPPLEMENTS

LECITHIN

1200 mg

(19 grains) Providing
61% Soy Phosphatides

100 Softgels

Dietary Supplement

Certified



Gluten-Free



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 30

Total Fat 3 g 5%*

Soy Lecithin 3,600 mg (3.6 g) **
(providing 2,196 mg of phosphatides)

typically providing:

Phosphatidylcholine 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.

WARNING: 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.

NO: Yeast, corn, wheat, gluten, milk, salt, sugar, starch, preservatives or artificial color.