



SWANSON[®]

PREMIUM BRAND

bringing wellness to the world since 1969

Lecithin

Dietary Supplement

250 softgels • 500 mg



• DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN.
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

SUGGESTED USE:

As a dietary supplement, take three softgels one to three times per day with water.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 83

	Amount Per Serving	% Daily Value
Calories	15	
Calories from Fat	15	
Total Fat	1.5 grams	2%
Lecithin (from soy) (non-GMO, identity preserved)	1.5 grams	*

Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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