

SOFTGEL SIZE



CODE 2212

V3

Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

***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.**

NOW® Non-GMO Lecithin Softgels contain 15% Phosphatidyl Choline, which comprises a major portion of our brain and nervous system. Lecithin also has naturally occurring essential fatty acids and Inositol. Lecithin aids in emulsifying fats, enabling them to be dispersed in water.*

SUGGESTED USAGE: As a dietary supplement, take 3 softgels 1 to 2 times daily. Consider taking these other NOW® products: L-Carnitine, Omega-3 Fish Oil and CoQ10.



Lecithin

NERVOUS SYSTEM SUPPORT

Non-GMO - 1200 mg

- Naturally occurring Phosphatidyl Choline
- Supports Brain & Nerve Function*

200 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Soy Lecithin (Non-GMO)	3.6 g (3,600 mg)	†
Phosphatidyl Choline	540 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water) and Non-GMO Soybean Oil.

Formulated & Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/2212

Not manufactured with yeast, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.