

SOFTGEL SIZE



CODE 2230 V4

Natural color variations may occur in this product.

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.

persed in water.*

NOW® Extra Strength, Non-GMO Lecithin Softgels have over twice the Phosphatidyl Choline (1,140 mg per serving) as in our regular strength product (540 mg per serving). Phosphatidyl Choline 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 2-3 softgels daily with food. Consider taking these other NOW® products: L-Carnitine, Omega-3 Fish Oil and CoQ10.



Extra Strength

Lecithin

NERVOUS SYSTEM SUPPORT

380 mg Phosphatidyl Choline

- Non-GMO - 1200 mg Lecithin
- Supports Brain & Nerve Function*

100 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 33

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Soy Lecithin (Non-GMO)	3.6 g (3,600 mg)	†
Phosphatidyl Choline	1.14 g (1,140 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water)

Formulated & Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/2230

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.

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