

Soy lecithin granules supply a naturally occurring combination of phosphatidyl choline (PC) and other phospholipids extracted from soybeans. Lecithin is a preferred source of choline and is used effectively by the body. Choline is essential for making acetylcholine, a messenger chemical that is important in sending messages from one nerve cell to another.† Clinical studies have also shown that lecithin helps the body emulsify fat and provides dietary support for brain, liver and cardiovascular health.†

Soy lecithin granules are convenient to use and can be sprinkled on food or mixed in juice or water.

†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.

This product is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipping and handling.

For more information: 1-888-462-2548

Visit us at www.gnc.com

Distributed by: General Nutrition Corp.
Pittsburgh, PA 15222. Made in the USA

GNC QUALITY COMMITMENT

GNC is the leader in the development and manufacture of dietary supplements, committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

GNC

Soy Lecithin Granules

DIETARY SUPPLEMENT

*an excellent source of choline
provides dietary support for brain,
liver and cardiovascular health*

Net Weight 16 OZ (1 LB) 454 g
Net Content 16 OZ (1 LB) 454 g
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CODE 005627

DEG

Directions: As a dietary supplement, take one tablespoon daily.

Supplement Facts

Serving Size One Tablespoon (7.5 g)
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	40	
Calories from Fat	35	
Total Fat	4 g	6%†
Saturated Fat	1 g	5%†
Polysaturated Fat	2.5	*
Monounsaturated Fat	0.5 g	*
Total Carbohydrate	1 g	<1%†
Phosphorus	250 mg	25%†
Phosphatidyl Choline (from Lecithin)	1725 mg	*
Total Choline (from Lecithin)	250 mg	*

† Percent Daily Value based on a 2000 calorie diet.
* Daily Value not established.

Other Ingredients: Soy Lecithin Granules, Tricalcium Phosphate.

No Starch, No Artificial Colors, No Artificial Flavors,
No Preservatives, No Wheat, No Corn, No Dairy, Yeast Free

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry place.

