

**Lecithin is an important natural source of choline, inositol, and linoleic acid. Choline and Inositol are vital components of all cell membranes, and play important roles in nerve and heart health.\***

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**



 Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

\*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.



Prod. No. 300 B300 121

**NATURE'S BOUNTY®**

**ULTRA SOYA**

**Lecithin**  
**1200mg | 19 grain**

**Promotes  
Nerve & Heart  
Health\***

**RAPID RELEASE  
LIQUID SOFTGEL**



**100 softgels**



**DIETARY SUPPLEMENT**

**DIRECTIONS:** For adults, take one (1) softgel five times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving | %Daily Value     |      |
|--------------------|------------------|------|
| Calories           | 10               |      |
| Calories from Fat  | 10               |      |
| Total Fat          | 1 g              | 1%** |
| Soya Lecithin      | 1,200 mg (1.2 g) | ***  |

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

\*\*\*Daily Value not established.

**Ingredients:** Soy Lecithin, Gelatin, Vegetable Glycerin.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**  
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