



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Lecithin

Non GMO

Dietary Supplement



180 softgels • 1,200 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 one softgel three times per day with water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%

Lecithin (from soy) 1.2 g
(non-GMO, identity preserved)

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.
Contains soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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