



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Lecithin

Non-GMO

Dietary Supplement

250 softgels • 520 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 three softgels one to three times per day with water.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 83

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1 g 1%
Lecithin (from soy)	1.56 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



SW1529

0