



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969



Supreme Lecithin

with Phosphatidylcholine
Dietary Supplement

300 softgels • 400 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 food and water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	
Lecithin (from soy)	400 mg*
Phosphatidylcholine	95 mg*

*Daily Value not established.

Other ingredients: Gelatin, glycerin, soybean oil, purified water, medium-chain triglycerides oil (palm).

Contains soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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