



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Lecithin

Non-GMO

Dietary Supplement



90 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 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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