



**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*

# Egg Yolk Lecithin

Dietary Supplement

60 capsules • 600 mg



- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

**SUGGESTED USE:** As a dietary supplement, take one capsule two times per day with water.

## Supplement Facts

Serving Size 1 Capsule

|  | Amount Per<br>Serving | % Daily<br>Value |
|--|-----------------------|------------------|
|--|-----------------------|------------------|

|             |      |    |
|-------------|------|----|
| Cholesterol | 5 mg | 2% |
|-------------|------|----|

|              |        |   |
|--------------|--------|---|
| Egg Lecithin | 600 mg | * |
|--------------|--------|---|

### Typical Profile:

|                     |        |   |
|---------------------|--------|---|
| Total Phospholipids | 150 mg | * |
|---------------------|--------|---|

|                     |        |   |
|---------------------|--------|---|
| Phosphatidylcholine | 114 mg | * |
|---------------------|--------|---|

|                          |       |   |
|--------------------------|-------|---|
| Phosphatidylethanolamine | 30 mg | * |
|--------------------------|-------|---|

\*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, rice flour.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

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