

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

**Bluebonnet's Natural Lecithin 1365 mg Softgels** contain a natural combination of high potency phospholipids including phosphatidylcholine, phosphatidylethanolamine and phosphatidylinositol. Plus, the essential fatty acids linolenic acid, oleic acid, linoleic acid, palmitic acid and stearic acid. Available in easy-to-swallow softgels for maximum assimilation and absorption.

**Contains: Soybeans**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Manufactured for  
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# Bluebonnet



## Natural Lecithin 1365 mg

Phosphatidylcholine 186 mg  
Dietary Supplement  
**90 Softgels**



## Supplement Facts

Serving Size 1 Softgel

| Amount<br>Per Serving                |         | % Daily<br>Value |
|--------------------------------------|---------|------------------|
| Lecithin<br>(from pure soy lecithin) | 1365 mg | *                |
| <b>Phospholipids:</b>                |         |                  |
| Phosphatidylcholine                  | 186 mg  | *                |
| Phosphatidylethanolamine             | 153 mg  | *                |
| Phosphatidylinositol                 | 67 mg   | *                |
| <b>Essential fatty acids:</b>        |         |                  |
| Linoleic Acid                        | 551 mg  | *                |
| Palmitic Acid                        | 142 mg  | *                |
| Oleic Acid                           | 134 mg  | *                |
| Linolenic Acid                       | 81 mg   | *                |
| Stearic Acid                         | 45 mg   | *                |

\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.