

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
Bluebonnet Nutrition Corporation
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Bluebonnet



Natural
Lecithin
1365 mg

Phosphatidylcholine 186 mg
Dietary Supplement
180 Softgels



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Lecithin	1365 mg	*
(from pure soy lecithin)		

Phospholipids:

Phosphatidylcholine	186 mg	*
Phosphatidylethanolamine	153 mg	*
Phosphatidylinositol	67 mg	*

Essential fatty acids:

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.