

DIRECTIONS: As a dietary supplement, take one tablespoon (7.5 g) daily or as directed by a healthcare practitioner. May be sprinkled on cereals, salads or incorporated into stews, soups, sauces, gravies, juices or baked goods. Mixes instantly without the use of a blender.
Tablespoon scoop is enclosed.

Bluebonnet's Super Earth® Lecithin Granules are derived from non-GMO soybeans that were sustainably procured under an identity preserved traceability program. That means no genetically modified materials were used during any phase of the production cycle from farm-to-table, including planting, harvesting, and storage, while at the same time, minimizing human impact on the environment. In addition, these granules provide a minimum of 95% phosphatides per serving, an important constituent of biological membranes that supports cognitive and cardiovascular health. Plus, this natural source of phosphatidylcholine, phosphatidylinositol, and phosphatidylethanolamine offers minerals and essential polyunsaturated fatty acids with no added colors, sweeteners or flavors, making it the perfect whole food addition to any healthy diet. Available in easy-to-mix granular form for maximum assimilation and absorption.♦

To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.

Bluebonnet's KOF-K certification #K-0000700

Keep out of the reach of children.

**This product is sold by weight, not volume.
Therefore, settling of contents may occur during shipping.**

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for
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Bluebonnet®

SUPER EARTH®

LECITHIN GRANULES

NATURAL SOYA



Minimum 95% Phosphatides

Derived from Non-GMO Soy

DIETARY SUPPLEMENT • EASY-TO-MIX

NET WT 25.4 OZ (720 g)

PER
SERVING
JUST 50
CALORIES

2.6 g
TOTAL EFA'S

3.9 g
TOTAL
PHOSPHOLIPIDS

Supplement Facts

Serving Size 1 Tablespoon (7.5 g)

Servings Per Container 96

Amount Per Serving		% Daily Value
Calories	50	
Calories from Fat	35	
Total Fat	4 g	6
Saturated Fat	<1 g	5
Total Carbohydrate	2 g	<1
Calcium	60 mg	6
Phosphorus	225 mg	23
Magnesium	15 mg	4
Potassium	90 mg	3

Choline	260 mg	*
Inositol	165 mg	*

Phospholipids:

Phosphatidylcholine	1870 mg†	*
Phosphatidylethanolamine	1400 mg†	*
Phosphatidylinositol	900 mg†	*

Essential fatty acids:

Linoleic Acid	2350 mg†	*
Linolenic Acid	290 mg†	*

Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Ingredients: Soy Lecithin Granules.

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.

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

†Phospholipid and essential fatty acid content is based on an average; amounts may vary.