

SAFETY SEALED. DO NOT USE
IF PRINTED SEAL UNDER CAP
IS CUT, TORN, OR MISSING.

exchange
select™

LECITHIN 1200 mg



EVERYDAY HEALTH*

- SUPPORTS NERVE &
BRAIN FUNCTION*

100 SOFTGELS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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Calories 15

Total Fat 1 g 1% **

Saturated Fat 1 g 5% **

Lecithin 1200 mg (1.2 g) ***

** Percent Daily Values are based on a 2,000 calorie diet.

*** Daily Value not established.

INGREDIENTS: Lecithin, Gelatin, Glycerin, Purified Water USP. **Contains: Soy.**

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

Directions: Adults - Take one softgel daily with food as a dietary supplement.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

Lecithin helps support nerve health and brain function and helps maintain cardiovascular and liver health.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NO ARTIFICIAL COLORS OR FLAVORS
NO GLUTEN • NO LACTOSE

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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