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SOY LECITHIN GRANULES

1680mg of Phosphatidylcholine per serving

Promotes Brain Health and Function*
Supports Heart Health*

VEGETARIAN DIETARY SUPPLEMENT NET WT. **30 OZ.** (850g)

TO REORDER ITEM # 1060

DIRECTIONS: For adults, take one (1) tablespoon (8 g) one or two times daily, preferably with a meal. Soy Lecithin is a pleasant tasting dietary supplement. It may be taken with any solid or liquid food.

Supplement Facts

Serving Size 1 Tablespoon (8 g)
Servings Per Container about 106

Amount Per Serving	%Daily Value	
Calories	60	
Calories from Fat	40	
Total Fat	4 g	7%**
Saturated Fat	1 g	5%**
Total Carbohydrate	<1 g	<1%**
Calcium	60 mg	6%
Phosphorus	272 mg	27%
Potassium	95 mg	3%
Soy Lecithin	8,000 mg (8 g)	***
Typically Contains:		
Linoleic Acid	2,160 mg (2.16 g)	***
Phosphatidylcholine	1,680 mg (1.68 g)	***
Phosphatidylinositol	960 mg	***
Linolenic Acid	240 mg	***

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

***Daily Value not established.

Ingredient: Soy Lecithin.

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Starch, No Milk, No Lactose, No Gluten,
No Wheat, No Yeast, No Fish. Sodium Free.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

This product is sold by weight and not volume. You can be assured of proper weight even though some settling of contents may occur during shipping and handling.

*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.

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www.puritan.com
1-800-645-1030

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