

Suggested Usage: Take 2 softgels daily with food. NOW® Sunflower Lecithin has Phosphatidyl Choline, the most abundant phospholipid in the cell membrane, where it plays a key role in cellular signaling and synaptic function.* NOW® Sunflower Lecithin also naturally abounds in Phosphatidyl Inositol, Phosphatidyl Ethanolamine, and essential fatty acids. Lecithin in the diet aids in emulsifying fats, enabling them to be dispersed in water; and as a choline-containing phospholipid, its choline is easily absorbed and utilized by the body.* NOW® Sunflower Lecithin Softgels are Non-GMO and Soy-Free.

*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.

SOFTGEL SIZE

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 2311B V5



Sunflower Lecithin

1200 mg

Nervous System Support*

- Soy-Free, Non-GMO
- Phosphatidyl Choline

100 Softgels

A Dietary Supplement



General Health

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%*
Polyunsaturated Fat	1 g	†
Sunflower Lecithin	2.4 g (2,400 mg)	†
Phosphatidyl Choline	420 mg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water) and Organic Extra Virgin Olive Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

