



Lecithin

1200 mg

DIETARY SUPPLEMENT

Supports Nervous System Function*

100 Soft Gels

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

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Lecithin	1200 mg	†
Phosphatidyl Choline (supplies 25 mg Choline)	180 mg	†

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

† Daily Values (DV) not established.

Other Ingredients: Soft Gel Shell: Pork gelatin, glycerin, water. Contains soy.

Directions: Take one soft gel one to four times daily, **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

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Lecithin is naturally found in all living cells. It supports many body functions, including aiding in the utilization of fats and supporting liver function.*

Carlson Lecithin is derived from soybeans and consists of not less than 60% phosphatides, thereby meeting the Food Chemical Codex for true Lecithin. Each soft gel contains 1200 mg of unbleached Soya Lecithin.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

Due to the natural source of the Lecithin, the color or texture of the soft gel contents may vary. This does not affect the fine quality of this product.

POTENCY & QUALITY GUARANTEED

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