

Soy lecithin granules supply a naturally occurring combination of phosphatidyl choline (PC) and other phospholipids extracted from soybeans. Lecithin is a preferred source of choline and is used effectively by the body. Choline is essential for making acetylcholine, a messenger chemical that is important in sending messages from one nerve cell to another.\* Clinical studies have also shown that lecithin helps the body emulsify fat and provides dietary support for liver and cardiovascular health and nervous system function.\*

Soy lecithin granules are convenient to use and can be sprinkled on food or mixed in juice or water.

For More Information:  
1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



GNC

# Soy Lecithin Granules

Provides dietary support for brain, liver and cardiovascular health\*

DIETARY SUPPLEMENT

NET WT. 16.01 OZ (1 LB) 454 G

60 SERVINGS

CODE 005698

GTG

**DIRECTIONS:** As a dietary supplement, take one tablespoon daily. For maximum benefits, take as directed every day.

## Supplement Facts

Serving Size One Tablespoon (7.5 g)  
Servings Per Container About 60

Amount Per Serving		% Daily Value
Calories	40	
Total Fat	4 g	5%†
Saturated Fat	1 g	5%†
Polyunsaturated Fat	2.5 g	*
Monounsaturated Fat	0.5 g	*
Total Carbohydrate	1 g	<1%†
Choline	230 mg	42%
Calcium	60 mg	5%
Phosphorus	260 mg	21%
Phosphatidyl Choline	1.725 g	*

† Percent Daily Value based on a 2,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Soy Lecithin, Tricalcium Phosphate.

**CONTAINS:** Soy.

**NOTICE:** Significant product settling may occur.

No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Corn, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

\* 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.

Lot No./Best By: