



**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*

# Lecithin

## Non-GMO

Dietary Supplement



90 softgels • 1,200 mg

• DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN.  
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

### SUGGESTED USE:

As a dietary supplement, take one softgel three times per day with water.

## Supplement Facts

Serving Size 1 Softgel

|                                                      | Amount Per Serving | % Daily Value |
|------------------------------------------------------|--------------------|---------------|
| Calories                                             | 10                 |               |
| Calories from Fat                                    | 10                 |               |
| Total Fat                                            | 1 gram             | <2%           |
| Lecithin (from soy)<br>(non-GMO, identity preserved) | 1.2 grams          | *             |

Percent Daily Values based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
PO Box 2803 • Fargo, ND 58108 USA  
TO REORDER, CALL TOLL FREE 1-800-437-4148  
or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



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