

Solgar's Soya Lecithin Softgels are unbleached, free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

To assure freshness and potency, store at room temperature 15°-30°C (59°-86°F). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4.

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www.solgar.com

Since 1947
**NATURAL SOYA
LECITHIN
300 mg
PER SOFTGEL
DIETARY SUPPLEMENT
100 SOFTGELS
SUGAR, SALT AND STARCH FREE**

Supplement Facts

Serving Size 6 Softgels

Servings Per Container About 16

Amount Per Serving		%DV
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Phosphorus (from lecithin)	35 mg	4%
Lecithin (from soy)	1,800 mg	**
Choline	36 mg	
Inositol	36 mg	

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

**Daily Value (DV) not established.

Ingredients: Gelatin, Glycerin, Water.

SUGGESTED USE: As a dietary supplement for adults, take six (6) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Formulated for adults.

Keep out of reach of children.

Carefully Manufactured For:
Solgar Vitamin and Herb
Leonia, N.J. 07605 U.S.A.

