



Carlson

Lecithin

1,200 mg

DIETARY SUPPLEMENT

✓ Nervous System Support* ✓ Liver Function* ✓ Fat Utilization*

100 Soft Gels

Carlson. Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 100

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Choline	22 mg	4%
Lecithin	1,200 mg	†
Phosphatidyl 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: Adults: take one soft gel one to four times daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

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

Lecithin, derived from soybeans, is a natural source of choline and phospholipids, which promote healthy nervous system function, liver function, and fat utilization.* Each soft gel provides 1,200 mg of unbleached Soya Lecithin. (Note: Carlson Lecithin consists of not less than 60% phosphatides, meeting the Food Chemical Codex for true lecithin.)

✓ **Gluten-free**

✓ **No Artificial Preservatives**

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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