

#### PRODUCT INFORMATION:

Two heaped teaspoons typically provide:

Phosphatidyl choline

1028mg

Phosphatidyl inositol

800mg

#### INGREDIENTS:

Phosphatidyl choline-rich lecithin granules (from **soya**).

#### DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, corn, gluten, lactose, maize, salt, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.

# higher nature.



## LECITHIN WITH 18% PHOSPHATIDYL CHOLINE

ULTIMATE NUTRITION

FOOD SUPPLEMENT

150g  
granules

### LECITHIN

- ✓ With 18% phosphatidyl choline
- ✓ Unbleached
- ✓ This product is guaranteed sourced from soya, grown from Identity Preserved (IP) seeds

#### DIRECTIONS:

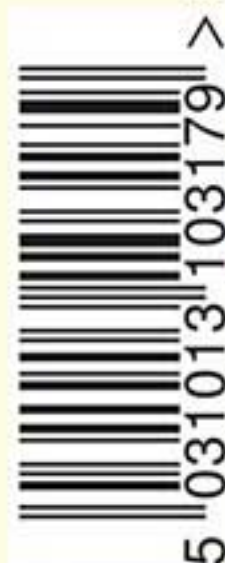
Adults and children over 8 years take 1 heaped teaspoon 2-4 times a day with a meal, or as your health professional advises. Try sprinkled on cereal, cooked or fresh food, or mixed into juices or soups. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

#### STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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108



LEC-047-03



Higher Nature, Burwash Common, East Sussex,  
TN19 7LX, UK [www.highernature.com](http://www.highernature.com)