



Suggested usage: 1 softgel per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

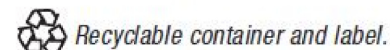
Natural Factors easy-to-swallow softgels contain 1200 mg unbleached whole lecithin per serving, sourced from non-GMO soybeans. Lecithin is a natural phospholipid compound comprised of phosphatidylcholine, phosphatidylethanolamine, and phosphatidylinositol. These phospholipids are found concentrated in the brain, liver, and kidneys.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



natural Factors®

Unbleached Lecithin

1200 mg

180 Softgels

**HELPS THE BODY EMULSIFY DIETARY FAT &
ABSORB FAT SOLUBLE VITAMINS***

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%‡
Unbleached Lecithin (soy)	1200 mg	**

‡ Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Softgel (gelatin, glycerin, purified water).

Contains soy.

LOT & EXPIRY 1.3125" x .25" Single Line

