

PRODUCT INFORMATION:

Two heaped teaspoons typically provide:

Phosphatidyl choline	1028mg
Phosphatidyl inositol	800mg

INGREDIENTS: Phosphatidyl choline-rich lecithin granules (from **soya**). (Allergens in **bold**)

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

HIGHER NATURE®

MIND HEALTH

LECITHIN

With 18%
phosphatidyl
choline



150g granules
vegetarian and vegan

LECITHIN
FOOD SUPPLEMENT - 150g

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

DIRECTIONS: Adults and children 8 and over take 1 heaped teaspoon 2-4 times a day with meals. Try it 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 place out of reach of children.

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This product has not been tested on animals.