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product info

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: Take one (1) heaping tablespoon daily, or as recommended by a healthcare practitioner. Can be sprinkled on cereal or mixed in juices, soups, or salad dressings.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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

L00020J



Lecithin
97% Phosphatides
De-Oiled



Promotes Healthy Cell Structure*

NET WT. 454 G
(1 LB. OR 16 OZ.)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Heaping Tablespoon (approx. 11 g)		
Servings Per Container About 41		
Amount Per Serving	% Daily Value	
Calories	50	
Total Fat	5 g	8% [†]
Saturated Fat	1.5 g	8% [†]
Total Carbohydrate	1 g	<1% [†]
Lecithin granules	10 g	**
(from deoiled soybean, non-GMO)		
Typical values:		
Phosphatidylcholine	2.3 g	
Phosphatidylethanolamine . .	2.0 g	
Phosphatidylinositol	1.4 g	
**Daily Value not established. [†] Based on a 2000 calorie diet.		

Other ingredients: tricalcium phosphate.

Contains soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

Density may vary from lot to lot.