CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Suitable for vegans.

Directions: Add two tablespoons daily to food or drinks of your choice. Keep container tightly closed in a cool, dry place.

Our IPP Non-GMO Soy Lecithin Granules are a premium natural product derived from non-genetically modified soybeans rich in phosphatides. They have a pleasing nutty flavor and contain no flow agents or additives. Our lecithin adheres to an Identity Preserved (IP) Program which uses soybeans produced without biotechnology (genetic modification) with documented identity preservation at each stage of processing, plus independent third-party certification of conformance to IP procedures. Our lecithin provides choline, an essential nutrient which supports liver health and neurologic transmission-a key factor in learning and memory. Inositol (from phosphatidylinositol) is a part of cell membrane structure and helps cells respond to messages from their environment. These granules make an excellent addition to many recipes to increase juiciness and improve texture. Try them in fresh and cooked foods, from apple sauce to zucchini bread. Sprinkle a teaspoon in pet's food for a healthy pet treat.†

Lecithin granules tend to clump slightly without any affect on product potency. This container is filled by weight, not volume, and some settling may occur.

Typical analysis per serving:

Choline (from 3,450 mg phosphatidylcholine)	465 mg
Inositol (from 2,100 mg phosphatidylinositol)	450 mg
Linoleic Acid	4,500 mg
Linolenic Acid	450 mg

To report a serious adverse event, call 1-888-710-0006

†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.

KEEP OUT OF REACH OF CHILDREN. **152L**

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Natural • Nutty Flavor

IPP NON-GMO SOY LECITHIN GRANULES

Dietary Supplement

NET WT. 8 OZ. (227 g)

DOUBLY VERIFIED BETTER FREE

Nutrition Facts

Serving Size: Two Heaping Tablespoons (15 grams) Servings Per Container: About 15

Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*
Calories	105		**Sodium**	0 mg	0%
Calories from Fat	70		**Potassium**	180 mg	5%
Total Fat	8 g	12%	**Total Carbohydrate**	1 g	<1%
Saturated Fat	2 g	10%	Dietary Fiber	0 g	0%
Monounsaturated Fat	1 g	**	Sugars	Less than 1 g	**
Cholesterol	0 mg	0%	**Protein**	0 g	0%
Vitamin A		***	Calcium		2%
Vitamin C		***	Iron		3%
Vitamin E		***	Phosphorous		45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** Daily Value not established. *** Contains less than 2% of the Daily Value of these nutrients.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: IPP Non-GMO Soy Lecithin Granules.