

**Directions:** As a dietary supplement, take 1 or more softgels daily.

Lecithin is a natural lipotropic agent, which is made in our livers, and can be found in certain foods such as soy. Lipotropics are best described as substances which break down or emulsify fats. Studies with human volunteers indicate that lecithin may help support healthy cholesterol levels within a normal range. In addition, lecithin is a natural source of phosphatidylcholine which is a precursor to the memory neurotransmitter, acetylcholine.<sup>†</sup>

No sugar, salt, starch, yeast, corn, lactose, milk, egg, gluten, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

<sup>†</sup> These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Viva Vitamins™ fully guarantees the potency of this product through:



# LECITHIN

## 19 GRAINS / 1200 MG

*Provides Phosphatidylcholine*

heart healthy



Support for healthy cardiovascular function<sup>†</sup>

Support for memory<sup>†</sup>

100 softgels

dietary supplement

### Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 100

|                   | Amount Per Serving | %DV |
|-------------------|--------------------|-----|
| Calories          | 10                 |     |
| Calories from Fat | 10                 |     |
| Total Fat         | 1g                 | 2   |

Soya Lecithin 19 grains

(61% Phosphatides, 732 mg) 1,200 mg \*\*

Typically contains:

|                      |        |    |
|----------------------|--------|----|
| Phosphatidylcholine  | 180 mg | ** |
| Phosphatidylinositol | 108    | ** |

\* Percent Daily Value is based upon a 2,000 calorie diet.

\* %Daily Value (DV) has not been established.

**Other Ingredients:** Gelatin, glycerin, soy oil and purified water.

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for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)  
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