



Non-GMO Lecithin

1,200 mg

DIETARY SUPPLEMENT

✓ Nervous System Support* ✓ Liver Function* ✓ Fat Utilization*
280 Soft Gels | 280 Servings

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 280

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Choline	22 mg	4%
Lecithin	1,200 mg	†
Phosphatidyl Choline	180 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Values (DV) not established.

Other Ingredients: Soft gel shell (pork gelatin, glycerin, water). Contains soy.

Directions: Adults: take one soft gel one to four times daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

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

Non-GMO Lecithin, derived from soybeans, is a natural source of choline and phospholipids, which promote healthy nervous system function, liver function, and fat utilization.* Each soft gel provides 1,200 mg of unbleached Soya Lecithin. (Note: Carlson Lecithin consists of not less than 60% phosphatides, meeting the Food Chemical Codex for true lecithin.)

✓ **Gluten-free**
✓ **No Artificial Preservatives**

Due to the natural source of the Lecithin, the color or texture of the soft gel contents may vary. This does not affect the fine quality of this product.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 USA • 888-234-5656
www.carlsonlabs.com • **An FDA Regulated Facility**



8623-1g