



Nutra-Support® Digestion

1,200 mg Lecithin

DIETARY SUPPLEMENT

✓ Digestive Support* ✓ Fat Utilization* ✓ Liver Function*

60 Soft Gels

Carlson. Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 60

	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 mealttime**. 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.

Nutra-Support® Digestion provides 1,200 mg of lecithin, a natural, healthy fat that promotes digestive function.* By acting as an emulsifier, lecithin helps our body metabolize fats and cholesterol.* It also supports healthy mucus levels within our intestines, which helps maintain digestive health and protects the lining of our digestive system.* Lecithin supports healthy nutrient absorption by the small intestines, and promotes liver and gallbladder health.*

✓ **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

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