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SOY LECITHIN GRANULES



Supports Heart Health*

VEGETARIAN DIETARY SUPPLEMENT

NET WT. **30oz.** (850g)

Supplement Facts

Serving Size 1 Tablespoon (8.1 g)
Servings Per Container about 105

Amount Per Serving	%Daily Value	
Calories	50	
Total Fat	4 g	5%**
Saturated Fat	1 g	5%**
Total Carbohydrate	<1 g	<1%**
Choline	216 mg	39%
Calcium	37 mg	3%
Phosphorus	244 mg	20%
Potassium	96 mg	2%
Soy Lecithin	7,840 mg (7.84 g)	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredient: Calcium Phosphate.

Contains soy ingredients.

Produced on equipment that also processes peanuts, tree nuts, milk, egg, wheat, sesame, shellfish, and fish.

Soy Lecithin Typically Contains:

Linoleic Acid	2,160 mg
Phosphatidylcholine	1,680 mg
Phosphatidylinositol	960 mg
Linolenic Acid	240 mg

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

DIRECTIONS: For adults, take one (1) tablespoon (8.1 g) one or two times daily, preferably with a meal. Soy Lecithin is a pleasant tasting dietary supplement. It may be taken with any solid or liquid food.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

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

TO REORDER ITEM # 1060

www.puritan.com
1-800-645-1030

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B67720 15E



PT NO. P40012708



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