

**Suggested Usage:** Take 2 softgels daily with food. NOW® Sunflower Lecithin has phosphatidyl choline, the most abundant phospholipid in the cell membrane, where it plays a key role in cellular signaling and synaptic function.\* NOW® Sunflower Lecithin also naturally abounds in phosphatidyl inositol, phosphatidyl ethanolamine, and essential fatty acids. Lecithin in the diet aids in emulsifying fats, enabling them to be dispersed in water; and as a choline-containing phospholipid, its choline is easily absorbed and utilized by the body.\* NOW® Sunflower Lecithin Softgels are non-GMO and soy-free.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 2313C V5



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# Sunflower Lecithin

## 1200 mg

**Nervous System Support\***

- Soy-Free, Non-GMO
- Phosphatidyl Choline



**200 Softgels**  
A Dietary Supplement



General Health

Family owned since 1968.

## Supplement Facts

Serving Size 2 Softgels    Servings Per Container 100

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%*
Polyunsaturated Fat	1 g	†
Sunflower Lecithin	2.4 g (2,400 mg)	†
Phosphatidyl Choline	360 mg	†

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

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water) and Organic Extra Virgin Olive Oil.

Quality Tested & Packaged by NOW FOODS  
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

