We believe that **Amazing Nutrition®** is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Lecithin can be found in many foods, including soybeans. It is an essential fat that every cell in the body depends on for structure and functioning.* Lecithin is a key component in cell membranes which helps to regulate healthy cellular functions.* In addition, Lecithin contains choline that is needed to produce the neurotransmitter acetylcholine, which helps improve memory and supports nerve function outside your brain.* Lecithin also helps to support healthy cardiovascular functions and digestion.*

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DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

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DIETARY SUPPLEMENT

Lecithin

- Supports Healthy Brain Functions*
- Supports Cardiovascular Health*
- Promotes Celluar Functions*

1200 MG
240 SOFTGELS

MADE IN USA

GMP

Supplement Facts

Serving Size 1 Softgel
Serving Per Container 240

Amount Per Serving		% Daily Value†
Calories	10	
Calories from Fat	10	
Total Fat	1 g	< 2%
Lecithin (from Soy)	1,200 mg	--

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

OTHER INGREDIENTS: Gelatin, Glycerine, Water and Soybean Oil.

SUGGESTED USE: As a dietary supplement, adults take one (1) softgel daily, preferably with a meal or as directed by a health care professional.

CAUTION: Contains Soy. 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.

CONTAINS NO: Preservatives, Artificial Color, Sugar, Milk, Corn, Gluten, Wheat, Yeast or Sodium.