



Item No. 300  
**Puritan's Pride®**  
 PREMIUM

# SOY LECITHIN

1200mg (168mg Phosphatidylcholine)



Promotes Brain Health and Function\*  
 Supports Heart Health\*

DIETARY SUPPLEMENT

100 rapid release  
 softgels

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**DIRECTIONS:** For adults, take one (1) to three (3) softgels one to three times daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving  | %Daily Value     |      |
|---------------------|------------------|------|
| Calories            | 10               |      |
| Calories from Fat   | 10               |      |
| Total Fat           | 1 g              | 1%** |
| Soy Lecithin        | 1,200 mg (1.2 g) | ***  |
| Typically Contains: |                  |      |
| Phosphatides        | 732 mg           | ***  |
| Phosphatidylcholine | ↓ 168 mg         | ***  |
| Phosphatidylinoitol | ↓ 96 mg          | ***  |
| Linoleic Acid       | + 420 mg         | ***  |

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

**Ingredients:** Soy Lecithin, Gelatin, Vegetable Glycerin.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar,  
 No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast,  
 No Fish, Sodium Free.

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

**WARNING:** If you are pregnant, nursing or taking any medications, 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.

\*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.

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[www.puritan.com](http://www.puritan.com)

1-800-645-1030

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 Oakdale, NY 11769 U.S.A.  
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