

Serving Size: 1 Tbsp (15g)	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	8g	16%
Saturated Fat	1g	2%
Unsaturated Fat	7g	14%
Total Cholesterol	0	0%
Sodium	115mg	23%
Total Carbohydrate	2g	4%
Dietary Fiber	1g	2%
Protein	9g	18%
Non-Genetically Engineered Lecithin	2,100 mg	42%
Phosphatidyl Choline	1,340 mg	26.8%
Phosphatidyl Inositol	1,340 mg	26.8%

*Percent Daily Value based on 2000 calorie diet. **Daily Value not established.

Other Ingredients: None

Lecithin is a is an emulsifier that allows fat and water to mix. HealthForce Lecithin is derived 100% from soybeans that have **NOT been genetically engineered or modified.** In addition, the amber glass bottle with metal lid (vs. plastic bottle and lid) and oxygen absorber avoids the rancid formation of lipid peroxide (from the oxidation of fat) and preserves the integrity of the lecithin. The freshness of this lecithin is actually maintained (and for long periods of time), something that is simply **NOT possible** with lecithin in plastic bags or plastic bottles. This is the highest quality lecithin product produced and packaged, and offered at an affordable price. You deserve nothing less!

Suggested Usage: 1-2 Tablespoons per day (or as advised by your health care practitioner). Add to any drink or smoothie, sprinkle on and mix with foods for extra nutrition and flavor. Use for thickening as Lecithin will thicken anything it is added to (allow 10 or more minutes for full thickness). Also adds a nice creamy flavor. Add to other superfood products that do not already have lecithin added such as HealthForce Vitamineral™ Green.

Suggested Adjuncts: A whole food, organic, moderate to low fat oil, **Vegan diet** with emphasis on high water content fresh foods: 1-2 tbsp. of organic ground flax or chia seeds per day (grind in a coffee grinder); HealthForce Nopal Cactus; a high fiber diet (only whole plant foods have fiber); HealthForce Vitamineral™ Green; (a unique and extremely nutrient dense superfood complex for comprehensive nutritional support and cleansing); Liver Rescue™ II; exercise (try rebounding); fresh air (house plants clean the air); and everything else healthful. I TRULY WISH YOU GREAT HEALTH AND HAPPINESS ALWAYS - DR. JAMETH SHERIDAN (N.D.)

7/2016 11186 CW

**NOT
Bio-Engineered**



**Just Say
NO
to GMO!**

Enhance Your Nutrition & Favorite Recipes, Drinks/Smoothies

Nutritionally supports fat burning, healthy cholesterol and triglyceride levels, cardiovascular health, liver function, nerve function, brain function and memory*

375 GRAMS

HEALTH ALLIANCE

Non-GMO LECITHIN POWDER

MOCK "CHEESE" SAUCE - FROM "UNCOOKING WITH JAMETH & KIM"

- 4 tablespoons raw, not roasted, tahini
- 2 tablespoons traditional red miso (this variety of miso provides the intended flavor)
- 2/3 cup purified water
- 1 tablespoon + 2 teaspoons HealthForce Non-GMO Lecithin Powder

Add all ingredients to a jar with a lid (such as an empty tahini jar) and shake vigorously. It will reach full thickness in about 5-10 minutes (as the lecithin dissolves). Alternately, you can add all ingredients to a blender and blend. This "cheese" will not get hard (and it will not harden your arteries either); it always has a melted consistency.

Serving Suggestions:

- Pour over vegetables/salad as a sauce or use as a dip.
- Pour over our famous flax crackers (see the book "Uncooking with Jameth & Kim").
- Soak Arame seaweed for 10 minutes in water. Drain and rinse well. Pour Mock "Cheese" sauce over it for **"Macaramé" and Cheese"** - also from "Uncooking".

BASIC TAHINI DRESSING #2 - FROM "UNCOOKING WITH JAMETH & KIM"

(This dressing is easy and quick to make with a few minute's notice.)

- 2/3 cup purified water
- 1/4 cup raw, not roasted, tahini (pour off surface oil)
- 1/2 tablespoon raw, organic, unfiltered apple cider vinegar (or more to taste)
- 1 tablespoon traditional red miso (use unrefined/Celtic sea salt to taste as substitute)
- 1/2 - 1 tablespoon lecithin powder (depending on how thick you want it).
- Optional: Fresh lemon juice, veggies (celery, bell pepper, cucumber, carrot), herbs or spices such as turmeric, curry, cumin, parsley, arugula, oregano, rosemary, etc.)

Pour off any oil that may rise to the top of the tahini jar. Add all ingredients to a shaker bottle, a jar with a lid (such as an empty tahini jar), or a blender. Shake quite vigorously or blend in blender until dressing reaches a smooth consistency. Add any herbs/spices or other vegetables as desired. Add more or less water for thinner or thicker dressing. The lecithin gives this dressing a thicker consistency, but it may take about 10 minutes to do so. You may want to start with just the basic recipe, without the optional vegetables or spices, to experience the wonderful taste of the base recipe. You can then let your creativity loose and make unlimited variations of this recipe. If using a blender, you may add things like arugula, cilantro, celery, etc. for wonderful flavor variations. You may also substitute some or all of the water with a fresh veggie juice or fresh veggie puree. This dressing can be stored for several days due to the apple cider vinegar. Try making a double batch and keeping it in your refrigerator, as you would with a store-bought dressing.

HEALTH ALLIANCE™
YOUR PARTNER IN HEALTH™
A HEALTHFORCE NUTRITIONALS COMPANY
ESCONDIDO, CA
(760) 747-8822 www.HEALTHFORCE.COM

PLEASE RECYCLE THIS BOTTLE. IT MATTERS.

Refrigeration
is **NOT**
required,
but product
will keep
freshest in
the freezer.

