

SPRING

VALLEY®

VITAMIN #1 BRAND

Natural 
Lecithin Concentrate
 (from Soy)
400 mg

NERVOUS SYSTEM HEALTH*

Dietary Supplement **100 SOFTGELS****Supplement Facts**

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Soy Lecithin 400 mg (which contains 140 mg of Phosphatidylcholine)	†

†Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium (less than 5 mg per serving).

Lecithin is made up of Phosphatidylcholine, an important nutrient that helps support nervous system health and cell growth and function.* This is an excellent overall supplement that can be used every day.

SUGGESTED USE: For adults, take one (1) softgel two times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

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 THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MANUFACTURED BY: US Nutrition, Inc.
 Bohemia, NY 11716-2510, USA
 Questions or Comments? Call 1-866-607-0342



✓ Produced under strict quality guidelines.
 ✓ Verified by an independent, ISO 9001:2000 certified laboratory.

100% SATISFACTION GUARANTEED BY REFUND OR REPLACEMENT

*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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