

Bluebonnet®

LECITHIN GRANULES

DIRECTIONS: As a dietary supplement, take one tablespoon (7.5 g) daily or as directed by a healthcare practitioner. May be sprinkled on cereals, salads or incorporated into stews, soups, sauces, gravies, juices or baked goods. Mixes instantly without the use of a blender.

Tablespoon scoop is enclosed.

Bluebonnet's Super Earth® Lecithin Granules are derived from non-GMO soybeans that were sustainably procured under an identity preserved traceability program. That means no genetically modified materials



were used during any phase of the production cycle from farm-to-table, including planting, harvesting, and storage, while at the same time, minimizing human impact on the environment. In addition, these granules provide phospholipids, which are important constituents of biological membranes that supports cognitive and cardiovascular health. Plus, this vegan source of phosphatidylcholine, phosphatidylinositol, and phosphatidylethanolamine offers minerals and essential polyunsaturated fatty acids with no added colors, sweeteners or flavors, making it the perfect whole food addition to any healthy diet. Available in easy-to-mix granular form for maximum assimilation and absorption.♦



STAY CONNECTED:
@bluebonnet_nutrition

To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.

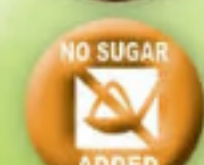
This product is sold by weight, not volume. Therefore, settling of contents may occur during shipping.

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

Bluebonnet's KOF-K certification #K-0000700

Manufactured by
Bluebonnet Nutrition Corp.
12915 Dairy Ashford
Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com

WARNING
Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



Minimum 95% Phosphatides

Derived from Non-GMO Soy

EASY-TO-MIX

DIETARY SUPPLEMENT



PER
SERVING
JUST 45
CALORIES

2.6 g
TOTAL EFA'S

3.9 g
TOTAL
PHOSPHOLIPIDS

Supplement Facts

Serving Size 1 Tablespoon (7.5 g)

Servings Per Container 48

Amount Per Serving		% Daily Value
Calories	45	
Total Fat	4 g	5
Saturated Fat	1 g	5**
Total Carbohydrate	2 g	<1**
Phosphorus	205 mg	16
Magnesium	15 mg	4
Potassium	90 mg	2
Choline	225 mg	41
Inositol	225 mg	*

Phospholipids:

Phosphatidylcholine	1695 mg†	*
Phosphatidylethanolamine	1415 mg†	*
Phosphatidylinositol	860 mg†	*

Essential fatty acids:

Linoleic Acid	2345 mg†	*
Linolenic Acid	255 mg†	*

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

* Daily Value not established.

Ingredients: Soy Lecithin Granules.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice and sugar.

Notice: Use this product as a food supplement. Do not use for weight reduction. Servings per container are an approximate.

♦ 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.

NET WT. 12.7 OZ (360 g)