

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

DIRECTIONS: Use only as directed. Take one (1) to four (4) softgels daily with food. Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	<1 g	0%†
Polyunsaturated Fat	1 g	†
Lecithin (Soy)	1.2 g	*
(Concentrated from Soybeans providing 180 mg Phosphatidyl Choline (containing 28 mg Choline), plus 144 mg Phosphatidyl Ethanolamine, 108 mg Phosphatidyl Inositol [with 39 mg of elemental Inositol], plus 36 mg Phosphatidic Acid, plus 58 mg Omega 3 as Linolenic Acid, 420 mg Omega 6 as Linoleic Acid & 142 mg Omega 9 as Oleic Acid)		

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Softgel Capsule (Gelatin and Glycerin) and Soybean Oil.

Discussion: Lecithin, derived naturally from soybeans, provides choline, inositol, essential fatty acids and phospholipids for healthy nerve and brain function. Lecithin also helps support the liver's ability to metabolize fats and normal cellular membrane composition.

Nature's Life guarantees that NO ingredients other than those listed on this label have been added to this product. This quality Nature's Life® product meets our Quality Assurance Procedures and Good Manufacturing Practices.

Quality You Can Trust™

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Comments or Questions

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Lecithin, 1,200 Mg
250 ct / Softgel