

SOURCE NATURALS®



DIETARY SUPPLEMENT

LECITHIN

A NATURAL EMULSIFIER*

1,200 MG • 200 SOFTGELS

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 100

	Amount Per Serving	%DV
Calories	20	
Total Fat	2 g	3%*
Lecithin (from soybeans)	2.4 g	†

*Percent Daily Values (DV%) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: gelatin, glycerin, and purified water.

Contains soy.

Suggested Use: 1 to 2 softgels daily with a meal.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Lecithin is a natural substance found in cell membranes and is manufactured in the liver from dietary choline. It contains a mixture of phosphatides, including phosphatidyl choline, an important precursor to a main neurotransmitter, acetylcholine. In addition, the body utilizes lecithin both for the proper formation of bile (the body's main emulsifying compound), and as an emulsifying agent itself. As an emulsifier, lecithin helps in the absorption and utilization of fat-soluble nutrients, such as vitamins A, D, E and K.*

STORE IN A COOL, DRY PLACE.

Contains no yeast, dairy, egg, gluten, corn or wheat. Contains no sugar, starch, salt, preservatives or artificial color, flavor or fragrance.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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.**

SN0617 REV E201

FG-105121 BEST IF USED BY 8 22

Manufactured for:
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