



SOY LECITHIN GRANULES

Supports Heart Health*

VEGETARIAN
DIETARY SUPPLEMENT

NET WT. 14 OZ. (400g)

Supplement Facts

Serving Size 1 Tablespoon (8.1 g)

Servings Per Container about 49

Amount Per Serving		%Daily Value
Calories	50	
Total Fat	4 g	8%**
Saturated Fat	1 g	5%**
Total Carbohydrate	<1 g	<1%**
Choline	216 mg	38%
Calcium	37 mg	3%
Phosphorus	244 mg	30%
Potassium	96 mg	2%
Soy Lecithin	7,840 mg (7.84 g)	**

**Percent Daily Values are based on a diet of 2,000 calories a day.

**Daily Value not established.

Other Ingredients: Calcium Phosphate.

Contains soy ingredients.

Produced on equipment that also processes peanuts, tree nuts, milk, egg, wheat, sesame, shellfish, and fish.

Soy Lecithin Typically Contains:

Linoleic Acid	2,160 mg
Phosphatidylcholine	1,680 mg
Phosphatidylinositol	960 mg
Linolenic Acid	240 mg

DIRECTIONS: For adults, take one (1) tablespoon (8.1 g) one or two times daily, preferably with a meal. Soy Lecithin is a pleasant tasting dietary supplement. It may be taken with any solid or liquid food.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 1064
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