

PRODUCT INFORMATION:

Two heaped teaspoons typically provide:

Phosphatidyl choline 1028mg

Phosphatidyl inositol 800mg

INGREDIENTS: Phosphatidyl choline-rich lecithin granules (from **soya**).

Allergy advice: see ingredients in **bold**

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

No artificial colours, flavours or preservatives.
No yeast, added sugar or salt.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

LECITHIN

With 18%
phosphatidyl
choline



150g granules
vegetarian and vegan

LECITHIN

FOOD SUPPLEMENT - 150g

- ✓ With 18% phosphatidyl choline
- ✓ Unbleached
- ✓ This product is guaranteed sourced from soya, grown from Identity Preserved (IP) seeds

DIRECTIONS: Adults and children 8 years and over, take 1 heaped teaspoon 2-4 times a day with meals. Try it sprinkled on cereal, cooked or fresh food, or mixed into juices or soups. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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