

swanson.com
or call 1-800-437-4148

- A good source of nutrients to support normal brain function
- Essential for every cell in your body

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel one to three times per day with food and water.

WARNING: For adults only. Consult your health-care provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



Sunflower Lecithin

Heart and Brain Health

FROM NON-GMO SUNFLOWER SEEDS

DIETARY SUPPLEMENT | 90 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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Calories	10
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Total Fat	<1 g	<1%
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Sunflower Lecithin	1.2 g	*
(from sunflower) (non-GMO) (providing a minimum of 12% phosphatidylcholine)		

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, sunflower oil, purified (deionized) water.

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