

Suggested Usage: Take 1 ½ tablespoons daily, preferably with a meal. Mix in juice or shakes, or sprinkle on food.

NOW® Sunflower Lecithin Powder has phosphatidyl choline, the most abundant phospholipid in the cell membrane. It also naturally abounds in phosphatidyl inositol, phosphatidyl ethanolamine, and essential fatty acids. Lecithin aids in emulsifying fats, enabling them to be dispersed in water. NOW® Sunflower Lecithin Powder is soy free and non-GMO.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: Do not eat freshness packet enclosed.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This product is sold by weight not volume.

Naturally occurring phospholipids (example)

(per serving) (1 ½ tablespoons)*:

Phosphatidyl Choline	2.5 g (2,500 mg)
Phosphatidyl Inositol	1.8 g (1,800 mg)
Phosphatidyl Ethanolamine	1.1 g (1,100 mg)

* subject to natural variability

CODE 2314 V3



Sunflower Lecithin Pure Powder

Essential Nutrient

Naturally Occurring Phosphatidyl Choline & Other Phosphatides

Soy Free

NET WT. 1 LB. (454 g)

Vegetarian/Vegan



General Health

Family owned since 1968.

Nutrition Facts

About 45 servings per container

Serving size 1 1/3 tbsp (10g)

Amount per serving

Calories 80

% Daily Value

Total Fat 5g 6%

Saturated Fat 1g **5%**

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1.5g

Sodium 0mg 0%

Total Carbohydrate <1g <1%

Protein 0g

Calcium 25mg 2% • Iron 0.3mg 2%

Potassium 80mg 2% • Phosphorus 270mg 20%

Not a significant source of *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, and vitamin D.

INGREDIENT: SUNFLOWER LECITHIN POWDER.

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