



lecithin

1200mg

specialty
90 softgels
dietary supplement

brain[✓]
nerve
function[✓]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% [†]
Polyunsaturated Fat	0.5 g	*
Lecithin (from soy)	1200 mg	*
providing (typical values):		
Phosphatidyl Choline	180 mg	
Phosphatidyl Ethanolamine	156 mg	
Phosphatidyl Inositol	108 mg	
Linoleic Acid	324 mg	
Linolenic Acid	72 mg	

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

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Contains: Soy.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) softgel daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Lecithin is a natural combination of phospholipids, choline, inositol, and the essential fatty acids (linoleic and linolenic).

✓ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information and to reorder.

Item No.
VS-2966
1967231

C

O

7



52

2