

**Bluebonnet's Lecithin 1365 mg Softgels** are formulated with soy lecithin, a source of phospholipids including phosphatidylcholine, phosphatidylethanolamine, and phosphatidylinositol to help support the nervous system and heart health. ♦



**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and sesame.

Also free of corn, gluten, barley, rice, sodium and sugar.

Made in USA from domestic and imported ingredients.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

♦ 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.



# Bluebonnet



# Lecithin 1365 mg

**Nervous System & Heart Health ♦**



**Dietary Supplement 180 Softgels**

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 180

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%**
Soy Lecithin	1365 mg	*
Phosphatidylcholine	185 mg	*
Phosphatidylethanolamine	150 mg	*
Phosphatidylinositol	65 mg	*

\*\*Percent Daily Value based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Gelatin (bovine), glycerin, purified water.

**Contains: Soybeans**

Manufactured for  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, Texas 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

