



Bluebonnet's **Lecithin Granules** are sourced from non-GMO, identity-preserved (IP) soybeans grown and sustainably harvested in the USA and Canada at their nutritional peak to ensure quality and maximum nutritional density. Each scoop delivers plant-based, daily nutritional support for energy, vitality, brain, and heart health. Just clean, simple, nutritious lecithin. ♦

READY-TO-USE



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

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

Bluebonnet's KOF-K certification #K-0000700

To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.

NOTE: This product is sold by weight, not volume. Therefore, settling may occur during shipping. Net weight and servings are clearly marked.

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

WARNING
Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

♦ 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

New Look

Lecithin Granules

BRAIN & HEART HEALTH ♦

Minimum 95% Phosphatides

PER SERVING	2.5 g	3.9 g	45
	TOTAL PUFA'S	TOTAL PHOSPHOLIPIDS	CALORIES
	UNFLAVORED • UNSWEETENED • UNFORTIFIED		

DIETARY SUPPLEMENT • EASY-TO-USE GRANULES

NET WT. 25.4 OZ (720 g)

Directions: As a dietary supplement, take one scoop (7.5 g) daily or as directed by a healthcare practitioner. Can be mixed into your favorite food or smoothie and mix or shake until smooth. Store tightly closed in a cool, dry place. **Scoop is enclosed.**

Supplement Facts

Serving Size 1 Scoop (7.5 g)
Servings Per Container 96

Amount Per Serving		% Daily Value
Calories	45	
Total Fat	4.5 g	6%**
Saturated Fat	1 g	5%**
Polyunsaturated Fat	2.5 g	*
Monounsaturated Fat	0.5 g	*
Total Carbohydrate	<1 g	<1%**
Choline	225 mg	41%
Phosphorus	205 mg	16%
Magnesium	15 mg	4%
Potassium	90 mg	2%
Soy Lecithin Granules	7.5 g	*
Phosphatidylcholine	1695 mg	*
Phosphatidylethanolamine	1415 mg	*
Phosphatidylinositol	860 mg	*

**Percent Daily Value based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Soy lecithin granules.

Contains: Soybeans

Manufactured by
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