

General Health

Family owned since 1968.



Sunflower Liquid Lecithin

Phospholipids

Naturally Occurring Phosphatidyl Choline & Other Phosphatides

Soy Free

16 FL. OZ. (473 mL)

Vegetarian/Vegan



Nutrition Facts

About 32 servings per container
Serving size 1 tbsp (15mL) (15g)

Amount per serving
Calories 90

	% Daily Value
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 5g	
Monounsaturated Fat 3g	
Sodium 0mg	0%
Total Carbohydrate <1g	<1%
Protein 0g	

Calcium 23mg 2% • Iron 0.3mg 2%
Potassium 75mg 2% • Phosphorus 256mg 20%

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

INGREDIENT: LIQUID SUNFLOWER LECITHIN.
PACKAGED BY NOW FOODS, 395 S. GLEN ELLYN RD.
BLOOMINGDALE, IL 60108, USA nowfoods.com
Packaged and quality tested in the USA.

Suggested Usage: Shake well before using. Blend 1 tablespoon into milk, protein shakes or vegetable juice. May also be used in salad dressings/sauces (as an emulsifier of fats) or as a non-stick coating on pots and pans.

NOW® Sunflower Liquid Lecithin 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 Liquid Lecithin is soy-free and non-GMO.

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

Typical Phosphatide Content:

- Phosphatidyl Choline (19%)
- Phosphatidyl Inositol (12%)
- Phosphatidyl Ethanolamine (7%)

Natural color variation may occur in this product.

Shake well to mix if natural separation of oil components occurs.

Store in a cool, dry place after opening.

CODE 2372 V7

