



Non-GMO

# Lecithin

1,200 mg

DIETARY SUPPLEMENT

Nervous System Support\* ✓ Liver Function\* ✓ Fat Utilization\*

100 Soft Gels | 100 Servings

Carlson. Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 100

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Choline	22 mg	4%
Lecithin	1,200 mg	†
Phosphatidyl Choline	180 mg	†

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Values (DV) not established.

Other Ingredients: Soft gel shell (pork gelatin, glycerin, water). Contains soy.

**Directions:** Adults: take one soft gel one to four times daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Non-GMO Lecithin**, derived from soybeans, is a natural source of choline and phospholipids, which promote healthy nervous system function, liver function, and fat utilization.\* Each soft gel provides 1,200 mg of unbleached Soya Lecithin. (Note: Carlson Lecithin consists of not less than 60% phosphatides, meeting the Food Chemical Codex for true lecithin.)

- ✓ **Gluten-free**
- ✓ **No Artificial Preservatives**

Due to the natural source of the Lecithin, the color or texture of the soft gel contents may vary. This does not affect the fine quality of this product.

### POTENCY & QUALITY GUARANTEED

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