

PRODUCT INFORMATION

One heaped teaspoon typically provides:

Phosphatidyl choline	1000mg
Phosphatidyl inositol	400mg

INGREDIENTS: Phosphatidyl choline-rich lecithin granules (from soya).

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

HIGH PC LECITHIN

**30% phosphatidyl
choline**

**UNBLEACHED
150g granules
VEGETARIAN
FOOD SUPPLEMENT**

HIGH PC LECITHIN

150g granules

phosphatidyl choline-rich lecithin

DIRECTIONS: Adults and children over 8 years take 1 heaped teaspoon 1-3 times a day with a meal, or as your health professional advises. Try sprinkled on cereal, cooked or fresh food, or mixed into juices or soups. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This product is guaranteed sourced from soya, grown from Identity Preserved (IP) seeds.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK

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