

Lecithin is an important natural source of choline, inositol, and linoleic acid. Choline and Inositol are vital components of all cell membranes, and play important roles in brain, nerve and heart health.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

0
74312
00300
4

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money
saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 300 B300 11H

NATURE'S BOUNTY®

ULTRA SOYA Lecithin 1200mg | 19 grain

Promotes
Brain, Nerve
& Heart Health*

RAPID RELEASE
LIQUID SOFTGEL

100 softgels



A NATURAL SOURCE OF
CHOLINE

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) to three (3) softgels one to three times daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel		
Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Soya Lecithin (61% Phosphatides, 732 mg)	1,200 mg (1.2 g)	***
typically contains:		
Phosphatidylcholine	168 mg	***
Phosphatidylinositol	96 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Ingredients: Soy Lecithin, Gelatin, Vegetable Glycerin.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A. © 2009 Nature's Bounty, Inc.

