

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.

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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
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*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



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) typically contains:	1,200 mg (1.2 g)	***
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.**
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