

Lecithin is an important natural source of choline and linoleic acid. Linoleic acid is an essential fatty acid that is not made in the body and must be consumed from food or supplements.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

Carefully Manufactured for:
Solgar, Inc.
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NATURAL SOYA LECITHIN 1360 MG

GLUTEN, WHEAT & DAIRY FREE

250 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Soya Lecithin	1360 mg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet

**Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin.

Contains Soy ingredients.

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel daily, preferably with a meal. May take up to six (6) softgels distributed throughout the day or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

