

Directions: Add two tablespoons daily to food or drinks of your choice. Keep container tightly closed in a cool, dry place.

Our Soy Lecithin Granules contains no additives or excipients. Soy Lecithin is a rich source of phosphatidyl choline and inositol, key factors in learning and memory. Although lecithin is a lipid, it is partially water soluble and can help disperse fats due to its role as an emulsifying compound.[†] It has a pleasant nutty flavor and is excellent in cooking to improve texture. Try this on fresh and cooked foods, or even sprinkle a teaspoon in pet's food for a healthy treat. Lecithin granules may clump slightly without any effect on product potency. This container is filled by weight, not volume, and some settling may occur.

Typical Analysis Per Serving:

Nutrient	Percent Daily Value*
Vitamin E	9%
Calcium	2%
Iron	1%
Phosphorus	48%
Choline (from phosphatidylcholine)	46.5 mg

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0005

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

[†]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.

KEEP OUT OF REACH OF CHILDREN.

VL 177-8A

Phospholipid Rich

SOY LECITHIN GRANULES

Vegan

**Supports Brain & Liver Health,
Energy Levels, and Lipid Balance[†]**

**Dietary Supplement
NET WT 8 OZ (227 g)**



Supplement Facts

Serving Size: Two Heaping Tablespoons (15 grams)
Servings Per Container: About 15

Amount Per Serving	% Daily Value*	
Calories	100	
Calories from Fat	90	
Total Fat	10 g	15%
Saturated Fat	2 g	10%
Monounsaturated Fat	1 g	**
Total Carbohydrate	2 g	1%
Potassium	80 mg	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Soy Lecithin Granules

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Suitable for vegans.