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

Although lecithin is a lipid, it is partially water soluble and can help disperse fats due to its role as an emulsifying compound. *Perfect by Nature™* Sunflowers have never been genetically modified, and are a rich source of phosphatidyl choline and inositol, key factors in learning and memory.[†] Performance athletes appreciate the energy boost from lecithin without high fat and sugar content. **Sunflower Lecithin Powder** has a light, pleasant 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. Sunflower lecithin begins as a liquid with natural color variances. This product will vary in color with no effect on the quality. Also due to the all-natural composition and variation of sunflowers, separation is likely to occur, resulting in darker colored lecithin granules that may clump without any effect on product potency or quality. This container is filled by weight, not volume, color variation, clumping, and settling may occur.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

[†]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 174-8A



Soy Free

SUNFLOWER LECITHIN

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	90	
Calories from Fat	90	
Total Fat	10 g	15%
Saturated Fat	3 g	15%
Polyunsaturated Fat	4 g	
Monounsaturated Fat	2 g	
Total Carbohydrate	1 g	<1%
Sodium	40 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.

Ingredients: Sunflower Lecithin Powder

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