



lecithin granules

specialty

net wt. 16 oz. (454 g)
dietary supplement

brain[†]
nerve function[†]

gluten
free

dairy
free

nut
free



Supplement Facts

Serving Size 1 Tablespoon (7.5 g)

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	50	
Calories from Fat	35	
Total Fat	4 g	6% [†]
Saturated Fat	1 g	5% [†]
Polyunsaturated Fat	3 g	*
Total Carbohydrate	<1 g	<1%
Calcium	11 mg	1%
Phosphorus	225 mg	23%
Potassium	90 mg	3%
Lecithin Granules	7.5 g	*
providing (typical values):		
Phosphatidylcholine	1725 mg	*
Phosphatidylinositol	1050 mg	*
Phosphatidylethanolamine	1500 mg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: None.

Contains: Soy.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) tablespoon daily, either mix with water, juice or sprinkle over food.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Seasonal conditions may create an occasional variation on color or taste and appearance. This does not affect the nature of the preparation.

This product is 100% soy based.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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