

Suggested Usage: Take 3 softgels daily.

NOW® Non-GMO Lecithin Softgels have 15% Phosphatidyl Choline, which comprises a major portion of our brain and nervous system. Lecithin also has naturally occurring essential fatty acids and Inositol. Lecithin aids in emulsifying fats, enabling them to be dispersed in water.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.



Non-GMO Lecithin 1200 mg

Nervous System Support*

- Naturally occurring Phosphatidyl Choline
- Supports Brain & Nerve Function*



400 Softgels
A Dietary Supplement



General Health

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 133

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Soy Lecithin (Non-GMO)	3.6 g (3,600 mg)	†
Phosphatidyl Choline	540 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water) and Non-GMO Soybean Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.



SOFTGEL SIZE

CODE 2214 V3



7 33739 02214 1