



specialty  
180 softgels  
dietary supplement

# easy to swallow lecithin

411mg

choline<sup>▼</sup>  
—  
essential  
fatty acids<sup>▼</sup>

gluten  
free  
  
dairy  
free  
  
nut  
free

actual size

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Triple Strength Lecithin (35% Phosphatidylcholine)	411 mg	*
providing (typical values):		
Phosphatidylcholine <sup>†</sup>	143 mg	
Phosphatidylethanolamine <sup>†</sup>	27 mg	
Phosphatidylinositol <sup>†</sup>	3 mg	
Linoleic Acid <sup>†</sup>	140 mg	
Linolenic Acid <sup>†</sup>	18 mg	

\* Daily Value not established.

Other ingredients: Gelatin, glycerin, polygycitol syrup, soybean oil, purified water.

Contains: Soy.

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

<sup>†</sup>Naturally occurring, results may vary.

▼ 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.

**DIRECTIONS:** As a dietary supplement, take one (1) softgel up to two (2) times daily, preferably with meals.

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

Lecithin is a natural combination of phospholipids, choline, inositol, and the essential fatty acids (linoleic and linolenic).

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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