



easy to swallow
lecithin

411 mg

specialty
180 softgels
dietary supplement

choline[▼]
essential
fatty acids[▼]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

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

* Daily Value not established.

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

Contains: Soy.

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

[†] 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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Item No.
VS-2968
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