

Lecithin is a naturally occurring compound found in all cells in nature, plant and animal. It plays a major role in almost all biological processes - including nerve transmission, breathing and energy production. Lecithin is considered a symbol of life, strength and fertility. Lecithin is important for all of these biological functions and more. Our brain is approximately 30% Lecithin. The insulating myelin sheaths that protect the brain, spine, and thousands of miles of nerves in your body, are almost two-thirds Lecithin. Even the heart has a high concentration of Lecithin. Lecithin is composed of many different components, including Choline, Inositol, Linoleic Acid, Phosphatidylserine, beneficial fatty acids and triglycerides. These valuable constituents of Lecithin are vital for the proper functioning of many metabolic processes. CAOH® Lecithin Granules are derived entirely from Non-Genetically Engineered (Non-GE) soybean seed stock that has been Identity Preserved (IP).

Always consult a healthcare professional before taking any nutritional supplement. Warning: Discard the inedible freshness packet enclosed.

Store at Room Temperature
No Preservatives or Pesticides - No Fertilizers Used

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(Made in the USA)



100% Natural

LECITHIN Granules



Certified Vegetarian & Kosher ®
Non-Genetically Engineered (Non-GE)
Dietary Supplement
16 oz (454 g)

Supplement Facts#

Serving Size: 2 Tablespoons (10 g)

Servings Per Container: 45 (454 g)

	Amount Per Serving	% Daily Value*
Calories	70	
Calories from Fat	50	
Total Fat	5.5 g	8%
Saturated Fat	1 g	5%
Polyunsaturated Fat	3 g	**
Total Carbohydrates	1 g	<1%
Potassium	120 mg	3%
Non - GE Lecithin	10,000 mg	**
Phosphorus	300 mg	30%

* Percent Daily Values are based on 2000 Calorie diet.

** Percent Daily Value not established.

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.

OTHER INGREDIENTS: None. **Contains 2.3 g (2,300 mg) of Phosphatidylcholine and 1.4 g (1,400 mg) of Phosphatidylinositol per serving.

RECOMMENDED USE: As a dietary supplement, take 2 tablespoons daily, preferably with meals. Mix in juice or shakes, or sprinkle on food.

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.

