

ITEM #2890
B2890 07G



Triple Strength

Lecithin

1200 mg

(Phosphatidyl Choline 420 mg)

**Promotes
Cell Growth and Function***

ACTUAL SIZE

Dietary Supplement

**50 RAPID RELEASE
SOFTGELS**



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	<1 g	<1%**
Phosphatidyl Choline	420 mg	***
(from 1,200 mg of Soy Lecithin Concentrate)		

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Corn, No Grapefruit, No Fish, No Sugar, No Sweetener, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Directions: For adults, take one (1) softgel two times daily, preferably with meals.

Lecithin is an important natural source of choline and linoleic acid. Choline is a vital component of all cell membranes and plays an important role in nervous system health. *

Triple Strength Lecithin contains a soybean phosphatide complex which contains approximately 35% of important phosphatidylcholine. Each softgel provides 420 mg of phosphatidylcholine equal to 57 mg of natural choline, with other naturally occurring components such as linolenic acid and inositol phosphatides.

Ingredients are hermetically sealed in gelatin capsules to ensure freshness and potency.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Manufactured by
Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNNATURAL.com
© 2012 Good 'N Natural Manufacturing Corp.