

NO GLUE STRIP

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLESPOON (8 g) DAILY, PREFERABLY WITH A MEAL. Soy Lecithin is a pleasant tasting dietary supplement. It may be taken with any solid or liquid food. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablespoon (8 g)
Servings Per Container 50

Amount Per Serving	%Daily Value	
Calories	60	
Calories from Fat	40	
Total Fat	4 g	7%**
Saturated Fat	1 g	5%**
Total Carbohydrate	<2 g	<1%**
Calcium	60 mg	6%
Phosphorus	272 mg	27%
Potassium	95 mg	3%
Linoleic Acid	2,160 mg (2.16 g)	***
Phosphatidyl Choline	1,680 mg (1.68 g)	***
Phosphatidyl Inositol	960 mg	***
Linolenic Acid	240 mg	***

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

***Daily Value not established.

Ingredient: Soy Lecithin.



Manufactured by
REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

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Sundown
Naturals®

Lecithin Granules

95% Soy Phosphatides

Promotes Mental Function & Nerve Cell Health*

VEGETARIAN FORMULA
Net Wt. 14 oz. (400 g) DIETARY SUPPLEMENT

**Smart
Facts**

Lecithin is an important natural source of choline, inositol, and linoleic acid. Choline and Inositol are vital components of all cell membranes, and play important roles in cell growth and function.*

*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.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

The soybean has been grown for more than 50 centuries in the Orient, yet it is a "newcomer" crop in America.

Soybean Lecithin Granules can be used in a wide variety of recipes. Sprinkle on cereals and salads, add to meat loaf and gravies, or mix with water or fruit juice.

This product is sold by weight and not volume. You can be assured of proper weight even though some settling of contents may occur during shipping and handling.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.
TAMPER RESISTANT: DO NOT USE PRODUCT IF
PULL RING UNDER CAP IS DAMAGED OR BROKEN.**

Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

Prod. No. 44450

