

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL DAILY, PREFERABLY WITH A MEAL.** As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                                |                  | %Daily Value |
|---------------------------------------------------|------------------|--------------|
| Calories                                          | 10               |              |
| Calories from Fat                                 | 10               |              |
| Total Fat                                         | 1 g              | 2%**         |
| Soya Lecithin                                     | 1,200 mg (1.2 g) | ***          |
| (61% Phosphatides, 732 mg)<br>typically contains: |                  |              |
| Phosphatidylcholine                               | 168 mg           | ***          |
| Phosphatidylinositol                              | 96 mg            | ***          |

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

\*\*\*Daily Value not established.

**Ingredients:** Soy Lecithin, Gelatin, Vegetable Glycerin.

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.

**Sundown**  
*Naturals*<sup>®</sup>

ULTRA SOYA

# Lecithin

**1200** MG  
(19 GRAIN)

*Natural*

**Supports Healthy Nerve  
and Brain Function\***

**100 SOFTGELS**

**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.

**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.

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

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

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