

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) heaping tablespoon daily, or as recommended by a healthcare practitioner. Can be sprinkled on cereal or mixed in juices, soups, or salad dressings.

WARNINGS:

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- **Do not purchase if outer seal is broken or damaged.**
- **When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.**

*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.



QE00020I

LifeExtension®

Lecithin

97% Phosphatides De-Oiled



**Promotes Healthy
Cell Structure***

Dietary
Supplement

Net Wt. 454 g
(1 lb. or 16 oz.)

Supplement Facts

Serving Size 1 Heaping Tablespoon (approx. 11 g)
Servings Per Container About 41

Amount Per Serving	% Daily Value	
Calories	50	
Calories from Fat	45	
Total Fat	5 g	8% [†]
Saturated Fat	1.5 g	8% [†]
Total Carbohydrate	1 g	<1% [†]
Lecithin granules	10 g	**
(from deoiled soybean, non-GMO)		
Typical values:		
Phosphatidylcholine	2.3 g	
Phosphatidylethanolamine . .	2.0 g	
Phosphatidylinositol	1.4 g	

**Daily Value not established. [†]Based on a 2000 calorie diet.

Other ingredients: tricalcium phosphate.

Contains soybeans.

Non-GMO

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information,
contact 1-866-280-2852.

Store tightly closed in a cool, dry place.
Density may vary from lot to lot.