

CAOH® Sunflower Lecithin has Phosphatidyl Choline, the most abundant phospholipid in the cell membrane, where it plays a key role in cellular signaling and synaptic function.* CAOH® Sunflower Lecithin also naturally abounds in Phosphatidyl Inositol, Phosphatidyl Ethanolamine, and essential fatty acids. Lecithin in the diet aids in emulsifying fats, enabling them to be dispersed in water; and as a choline containing phospholipid, its choline is easily absorbed and utilized by the body.* CAOH® Sunflower Lecithin Softgels are Non-GMO and Soy-Free.

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

Store in cool dry place after opening.

No Preservatives or Pesticides - No Fertilizers Used

California Academy of Health, (CAOH)

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(Made in the USA)



california



CAOH

® **Certified Vegetarian & Kosher**

Non-GMO - Soy Free - Phosphatidyl Choline

Dietary Supplement

200 Softgels - 1200 mg



100% Natural Sunflower LECITHIN

Supplement Facts#

Serving Size: 2 Softgels

Servings Per Container: 100

	Amount Per Serving	% Daily Value*
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%
Polyunsaturated Fat	1 g	**
Sunflower Lecithin	2.4 g (2400 mg)	**
Phosphatidyl Choline	420 mg	**

* 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: Softgel Capsule (gelatin, water, glycerin) and Organic Extra Virgin Olive Oil.

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

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Natural color variation may occur in this product.

