



SOY LECITHIN GRANULES

1680mg of Phosphatidylcholine per serving



Supports Brain Health and Function*
Supports Heart Health*

VEGETARIAN DIETARY SUPPLEMENT NET WT. **30 oz.** (850g)

TO REORDER ITEM # 1060

DIRECTIONS: For adults, take one (1) tablespoon (8.1 g) one or two times daily, preferably with a meal. Soy Lecithin is a pleasant tasting dietary supplement. It may be taken with any solid or liquid food.

Supplement Facts

Serving Size 1 Tablespoon (8.1 g)
Servings Per Container about 105

Amount Per Serving	%Daily Value	
Calories	50	
Total Fat	4 g	5%**
Saturated Fat	1 g	5%**
Total Carbohydrate	<1 g	<1%**
Choline	216 mg	39%
Calcium	54 mg	4%
Phosphorus	245 mg	20%
Potassium	95 mg	2%
Soy Lecithin	8,000 mg (8 g)	***
Typically Contains:		
Linoleic Acid	2,160 mg (2.16 g)	***
Phosphatidylcholine	1,680 mg (1.68 g)	***
Phosphatidylinositol	960 mg	***
Linolenic Acid	240 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredient: Calcium Phosphate.
Contains soy ingredients.

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.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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.

Contents are sold by weight. Some settling may occur.

*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.

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www.puritan.com
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B67720 12E

