

Contains No Added sugar, salt, yeast, wheat, corn, preservatives, artificial colors or flavors.

**Suggested Use:** Adults sprinkle one (1) tablespoon over your favorite food or blend into your favorite drink. Store in a cool, dry place and away from direct light. Keep out of reach of children.

**QUALITY AND POTENCY GUARANTEED.**

**Ingredients:** Soy lecithin granules.

Our lecithin granules contain only the highest quality lecithin. Lecithin is nature's own emulsifier. It naturally disperses fat into smaller particles.



Formulated for:  
Vitabase.com  
Monroe, GA 30656

# vitabase

## Lecithin Granules

Containing 96-98% Phosphatides,  
7.2-7.35 grams per tablespoon.



### Supplement Facts

Serving Size: 1 Tablespoon

	Amount	% DV**
Calories	40	
Calories from Fat	36	
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Sodium	2 mg	<1%
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Sugars	< 0.5 g	
Protein	0 g	0%

Calcium 6% Phosphorus 24%  
Not a significant source of vitamin A, vitamin E, vitamin C and iron.

Phosphatidylcholine	1950 mg	*
Phosphatidylinositol	1050 mg	*
Phosphatidylethanolamine	1500 mg	*

\* Daily Value Not Established

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	Calories: 2,500
Total Fat	Less Than 65 g	80 g
Sat Fat	Less Than 20 g	25 g
Cholesterol	Less Than 300 mg	300 mg
Sodium	Less Than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4