

Soy lecithin granules supply a naturally occurring combination of phosphatidyl choline (PC) and other phospholipids extracted from soybeans. Lecithin is a preferred source of choline and is used effectively by the body. Choline is essential for making acetylcholine, a messenger chemical that is important in sending messages from one nerve cell to another.* Clinical studies have also shown that lecithin helps the body emulsify fat and provides dietary support for brain, liver and cardiovascular health.*

Soy lecithin granules are convenient to use and can be sprinkled on food or mixed in juice or water.

GNC

Soy Lecithin Granules

An excellent source of choline
Provides dietary support for brain, liver
and cardiovascular health*

DIETARY SUPPLEMENT
NET WT. 16.01 OZ. (454 G)

* 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.

CODE 005648 ERG
Directions: As a dietary supplement, take one tablespoon daily. For maximum benefits, take as directed every day.

Supplement Facts		
Serving Size One Tablespoon (7.5 g)		
Servings Per Container 60		
Amount Per Serving	% Daily Value	
Calories	40	
Calories from Fat	35	
Total Fat	4 g	6%†
Saturated Fat	1 g	5%†
Polyunsaturated Fat	2.5 g	*
Monounsaturated Fat	0.5 g	*
Total Carbohydrate	1 g	<1%†
Phosphorus	250 mg	25%
Phosphatidyl Choline (from Lecithin)	1725 mg	*
Total Choline (from Lecithin)	250 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

Other Ingredients: Soy Lecithin Granules, Tricalcium Phosphate.

CONTAINS: Soybeans.

NOTICE: Significant product settling may occur.

No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Corn, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



Lot No./Best By: