

**Suggested Usage:** Take 3 softgels daily.

NOW® Non-GMO Lecithin Softgels have Phosphatidyl Choline, which comprises a major portion of our brain and nervous system. Lecithin also has naturally occurring essential fatty acids and Inositol. Lecithin aids in emulsifying fats, enabling them to be dispersed in water.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 2212 V6



# Non-GMO Lecithin 1200 mg

Nervous System Support\*

- Naturally occurring Phosphatidyl Choline
- Supports Brain & Nerve Function\*



200 Softgels  
A Dietary Supplement



General Health

Family owned since 1968.

## Supplement Facts

Serving Size 3 Softgels    Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories	30	
Total Fat	2.5 g	3%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Soy Lecithin	3.6 g (3,600 mg)	†
Phosphatidyl Choline	500 mg	†

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

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water) and Soybean Oil.

Soy Lecithin and Soybean Oil from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Not manufactured with yeast, wheat, gluten, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

