

**Contains No** sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one softgel capsule with meals or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH OF CHILDREN.**

# Lecithin Capsules

## 19 Grains (1,200 mg)

*Dietary Supplement*  
250 Softgels

### **SUPPLEMENT FACTS**

Serving Size 1 softgel Capsule; 1,200 mg

	Amount Per Serving	% Daily Value
Calories 11		
Calories from Fat 11		
Total Fat	1.2 g	2%*
Soy Lecithin	1,200 mg	**
Approximate Phosphatide Content:		
Phosphatidylcholine	312 mg	**
Phosphatidylinositol	168 mg	**
Phosphatidylethanolamine	240 mg	**
Approximate Fatty Acid Composition:		
Linolenic Acid	82 mg	**
Linoleic Acid	696 mg	**
Oleic Acid	128 mg	**
Palmitic Acid	220 mg	**
Stearic Acid	48 mg	**

\* Percent Daily Value based on a 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** Softgel (gelatin, glycerin and water).



5302

QUALITY &  
POTENCY  
GUARANTEED