

## Lecithin

### 16 oz granules (454 g)

Item Catalog Number: 00020

Lecithin contains all the phosphatides found naturally in cell membranes. Lecithin works by increasing the cell membrane ratio of phosphatidylcholine/phosphatidylethanolamine to cholesterol, maintaining cell membrane structure and increasing cell membrane fluidity.<sup>131-134</sup>

## References

## Supplement Facts

Serving Size 1 heaping tablespoon (approx. 10 grams)

Servings Per Container approximately 45

### Amount Per Serving

Calories	70
Calories from Fat	48
Total Fat	5 g
Saturated Fat	1 g
Monounsaturated Fat	<1 g
Polyunsaturated Fat	3 g
Total Carbohydrates	<1 g
Sugars	0.4 g
Lecithin granules (from soy)	10 g
Phosphatidylcholine	2.6 g
Phosphatidylethanolamine	2.0 g
Phosphatidylinositol	1.4 g

Other ingredients: soybean lecithin, tricalcium phosphate.

Contains soybeans.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one heaping tablespoon daily, or as recommended by a healthcare practitioner.
- Can be sprinkled on cereal or mixed in juices, soups, or salad dressings.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.