

**Lecithin with B-5 and BHA**  
**(95% Phosphatides, De-Oiled)**

**16 oz granules (454 g)**

Item Catalog Number: 00019

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 45

**Amount Per Serving**

Calories	70
Calories from fat	47
Total Fat	4.9 g
Saturated fat	1.2 g
Unsaturated fat	3.7 g
Monounsaturated fat	0.5 g
Polyunsaturated fat	3.2 g
Total Carbohydrate	0.8 mg
Lecithin granules (from soy)	10 g
Typical values:	
Phosphatidylcholine	2.6 g
Phosphatidylethanolamine	2.0 g
Phosphatidylinositol	1.4 g
Calcium (from lecithin)	14 mg
Phosphorus (from lecithin)	300 mg
Potassium (from lecithin)	118 mg
Pantothenic acid (as d-calcium pantothenate)	149 mg
BHA	2.2 mg

Other ingredients: 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, or colors.

**Dosage and Use**

- Take one heaping tablespoon daily, or as recommended by a healthcare practitioner.
- Lecithin can be consumed alone, sprinkled on cereal or mixed in juices, sauces, gravies, soups, or salad dressings.
- This product contains vitamin B5 (pantothenic acid) to facilitate the conversion of choline to acetylcholine.<sup>135</sup>
- The BHA (butylated hydroxyanisole) as an antioxidant improves stability and helps preserve the fatty substances in lecithin and makes refrigeration unnecessary at the normal rate of consumption.

**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.

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