

LECITHIN

Nature's Emulsifier

The National Academy of Sciences has established that choline is important in the diet because it supports brain, liver, cardiovascular, and reproductive health. Choline is a component of the neurotransmitter acetylcholine, which is involved in the transmission of messages in the brain and nervous system.* Lecithin is a natural compound that helps the body absorb fat-soluble nutrients like beta carotene and vitamins A, D, K, and E. Soy lecithin is a primary dietary source of choline, an ingredient that can support brain, liver, cardiovascular, and reproductive health.*

- Naturally sourced from soybeans.
- Each serving provides 3.1 grams of lecithin including 468 mg of phosphatidylcholine and 282 mg of phosphatidylinositol.

Lecithin

180 Capsules #20182 30 servings

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.