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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) 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.
- 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.

\*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.

QE00020G



# LifeExtension®

## Lecithin

97% Phosphatides De-Oiled



Promotes Healthy  
Cell Structure\*

Dietary  
Supplement

Net Wt. 454 g  
(1 lb. or 16 oz.)

### Supplement Facts

Serving Size 1 Heaping Tablespoon (approx. 11 g)  
Servings Per Container About 41

Amount Per Serving	% Daily Value
Calories	50
Calories from Fat	45
Total Fat	5 g 8% <sup>†</sup>
Saturated Fat	1.5 g 8% <sup>†</sup>
Trans Fat	0 g
Cholesterol	0 mg 0% <sup>†</sup>
Total Carbohydrates	1 g <1% <sup>†</sup>
Lecithin granules . . . . .	10 g **
(from deoiled soybean, non-GMO)	
Typical values:	
Phosphatidylcholine . . . . .	2.3 g
Phosphatidylethanolamine . . . . .	2.0 g
Phosphatidylinositol . . . . .	1.4 g

\*\*Daily Value not established. <sup>†</sup>Based on a 2000 calorie diet.

**Other ingredients:** tricalcium phosphate.  
*Contains soybeans.*

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, FL 33309  
info@lifeextension.com • www.lef.org  
To report a serious adverse event or obtain product information,  
contact 1-866-280-2852.

Store tightly closed in a cool, dry place.  
Density may vary from lot to lot.