

Lecithin is a natural source of choline and linoleic acid. Linoleic acid is an essential fatty acid that is not made in the body and must be consumed from food or supplements.



NATURAL SOYA
LECITHIN
1360 MG

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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SOLGB16112 03C

Non-GMO
GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
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Calories	15	
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Total Fat	1 g	1%*
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Soya Lecithin 1360 mg (1.36 g)	**
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*Percent Daily Values (DV) are based on a 2,000 calorie diet

**Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin.

Contains soy ingredients.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel daily, preferably with a meal. May take up to six softgels distributed throughout the day or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

