Suggested Usage: Take 1 ½ tablespoons daily, preferably with a meal. Mix in juice or shakes, or sprinkle on food.

Lecithin is a naturally occurring compound found in all cells in nature, plant and animal. The word Lecithin is taken from the Greek Lekithos, which means "egg yolk". A fitting name for this essential nutrient, for the egg is considered a symbol of life, strength and fertility.

Our brain is approximately 30% Lecithin. The insulating myelin sheaths that protect the brain, spine and thousands of miles of nerves in your body are almost two-thirds Lecithin. Even the heart has a high concentration of Lecithin. Lecithin is composed of many naturally occurring components, including Choline, Inositol, Linoleic Acid, Phosphatidyl Serine, fatty acids and triglycerides. NOW® Non-GMO Lecithin Granules are derived entirely from Non-Genetically Modified soybeans that have been Identity Preserved (IP). This guarantees that the soybeans are from seedstock that has been certified as Non-GMO.

Caution: Do Not Fat Freshness Packet Enclosed.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

Naturally occurring phospholipids (example)

(per serving) (1 ½ tablespoons)\*: Phosphatidyl Choline 2.3 g (2,300 mg) Phosphatidyl Inositol 1.4 g (1,400 mg)

\* subject to natural variability

**CODE 2260 V8** 





## Non-GMO

# Lecithin Granules

### **Essential Nutrient**

- Naturally occurring Phosphatidyl **Choline & Other Phosphatides**
- Identity Preserved

Net Wt. 1 lb. (454 g) Vegetarian/Vegan



#### General Health

#### **Nutrition Facts**

Serving Size 1 ½ Tablespoons (approx. 10 g) Servings Per Container about 45

Amount Per Serving	
Calories 70	Calories from Fat 50
	% Daily Value*
Total Fat 5 g	8%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Polyunsaturated Fat 3.5	g
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 160 mg	5%
Total Carbohydrate 1 g	< 1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 2%
Phosphorus 30%	
* Percent Daily Values are based Your daily values may be higher	

Calories

25a

Calories

3.500ma

375g

30a

Total Carbohydrate Dietary Fiber Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

