

Lecithin
DESCRIPTION

Lecithin supplied in softgels derived from sunflower seeds provides phospholipids to support neurological and cardiovascular health.†

FUNCTIONS

Lecithin is a phospholipid composed of phosphatidyl esters (phosphatides), mainly consisting of phosphatidylcholine, phosphatidylethanolamine and phosphatidylinositol. Sunflower lecithin typically contains around 15% phosphatidylcholine, 5% phosphatidylethanolamine, and 12% phosphatidylinositol. Lecithin also contains fatty acids, which are 55% omega-6 fatty acids and 26% omega-3 fatty acids.

Phospholipids are the major component in the membranes of the brain. Membranes are the working surfaces of every cell, carrying out the essential functions of cellular communication and hormonal signal transduction. Nerve cells, in particular, depend on healthy membrane function for normal neurotransmitter metabolism and nerve signal transmission. Choline, as a component of phosphatidylcholine, is used for synthesis and maintenance of normal cell membranes. Taking lecithin orally may increase serum choline, a precursor to the acetylcholine which supports cognition.† In addition, lecithin can play a key role in the metabolism and mobilization of fatty acids and cholesterol to provide cardiovascular support.†

INDICATIONS

Lecithin may be a useful dietary supplement for individuals who wish to support cardiovascular or neurological health with phospholipids.

FORMULA (#202254)

Each Softgel Contains:

Calories	10
Calories from Fat.....	10
Fat	1g
Polyunsaturated Fat	0.5 g
Lecithin	1,200 mg
(from Sunflower*)	

*non-GMO

SUGGESTED USE

Adults take 1 softgel daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Lecithin

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† 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.

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