



Lecithin Granules

A Dietary Supplement



Douglas Laboratories® 16 Ounces (1 lb.)

Supplement Facts

Serving Size 3 level tablespoons
Servings Per Container approx. 23

Amount Per Serving		%DV†
Calories	99	
Total Fat	10.3 g	16%
Total Carbohydrate	1.5 g	<1%
Protein	0 g	
Pure Lecithin (Soya) Granules supplying:	19,400 mg	*
Phosphatidylcholine	5,040 mg	*
Phosphatidylethanolamine	3,880 mg	*
Phosphatidylinositol	2,720 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com

This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 1-3 tablespoons daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place.
(59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #7859

