

## Lecithin

### DESCRIPTION

Lecithin, supplied by Douglas Laboratories, is conveniently offered in both softgel and granular forms.

### FUNCTIONS

Lecithin is a phospholipid composed of phosphatidyl esters (phosphatides), mainly consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine and phosphatidylinositol. Soybean lecithin typically contains around 24% phosphatidylcholine, 22% phosphatidylethanolamine, and 19% phosphatidylinositol. Lecithin also contains fatty acids, which are primarily omega-6 fatty acids and a small amount of 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 memory.

In addition, lecithin can play a key role in the emulsification and mobilization of fats and cholesterol. Lecithin has Generally Recognized as Safe (GRAS) status in the US.

### INDICATIONS

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

### FORMULA (#7929)

Each Softgel Contains:

Calories.....	11
Calories from Fat .....	11
Total Fat.....	1.2 g
Saturated Fat .....	0 g
Lecithin.....	1,200 mg
(from Soya)	

### SUGGESTED USE

Adults take 1 softgel before lunch or as directed by physician.

### 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.

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### REFERENCES

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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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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