

# Lecithin Granules

*Supports Brain Function\**  
*Nervous System Support\**

**Lecithin** is a naturally occurring compound found in all cells in nature, plant and animal. It is a nutritional powerhouse that provides phospholipids, or a group of healthy fats. Phospholipids support brain and nerve function, promote fat and cholesterol metabolism, and are involved in energy production.

Nature's Wonderland non-GMO Lecithin Granules are derived entirely from non-genetically modified soybeans.

Vegetarian / Vegan

**Herbal Supplement**

**Net Wt. 16 oz. (454g)**

## Lecithin Granules

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 different components, including Choline, Inositol, Linoleic Acid, Phosphatidylserine, beneficial fatty acids and triglycerides. These valuable constituents of Lecithin are vital for the proper functioning of many metabolic processes.\*

**Directions:** As a dietary supplement, take 1 1/2 tablespoons daily, preferably with a meal. Mix in juice or shakes, or sprinkle on food.

Store in a cool, dry place.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Packaged and Distributed by:

**Penn Herb Company, Ltd.**

**Philadelphia, PA 19154**

**(215)637-HERB ~ www.PennHerb.com**

## Supplement Facts

Serving Size: 1 1/2 Tablespoons (10g)

Servings Per Container: 45

	Amount	% Daily
	per serving	Value*
Calories.....	70	
Calories from Fat .....	50	
Total Fat .....	5.5 g.....	8%
Saturated Fat .....	1 g.....	5%
Trans Fat.....	0 g	
Polyunsaturated Fat .....	3 g.....	†
Total Carbohydrate.....	1 g.....	<1%
Phosphorus.....	300 mg.....	30%
Potassium.....	120 mg.....	3%
<b>Non-GMO Soy Lecithin.....</b>	<b>10 g.....</b>	<b>†</b>
Typical Profile of naturally occurring phospholipids (per serving)**		
Phosphatidyl Choline .....	2.3 g (2,300 mg)	†
Phosphatidyl Inositol .....	1.4 g (1,400 mg)	†

\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

\*\* per ingredient nutritional profile

**Contains no:** sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.