

Soya Lecithin 1200mg

Presentation

A soft brown capsule.

Each capsule delivers:

Soya Lecithin	1200mg
providing: Phosphatidyl Choline	272mg*
Phosphatidyl Inositol	176mg*

Encapsulated with:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxides), Soya Bean Oil.

Please note: Lecithin is a natural food material, therefore levels of its component compounds may vary.
*Levels quoted are average figures.

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8537



Uses

Lecithin, technically referred to as a phospholipid, is one of the richest natural sources of two important nutrients; choline and inositol. They are both lipotropic agents that play an important role in fat metabolism in the liver and the emulsification of fats in the body. Lecithin is a primary source of choline (one of the B vitamins) in the diet in the form of phosphatidylcholine. Once in the body this compound is broken down to release the choline.

Lecithin and choline are used in the body to build cell membranes and facilitate the movement of fats in and out of the cells. Choline is also a precursor of the neurotransmitter (brain chemical) acetylcholine, which is essential for normal brain activity.

These capsules provide a convenient way to supplement diets with extra lecithin, with each capsule containing 1200mg of pure, GMO free, soya lecithin.

- A rich source of choline
- Lecithin is a key component of bile
- May help to support the health of the liver.

Usage and administration

1 to 4 capsules daily.

Allergen advice

Contains Soya.

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

