

## Lecithin



**Brand:** Lindens  
**Product Code:** L54  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £6.99**

### Short Description

Lecithin is a rich natural source of inositol and choline, which contributes to healthy liver function and lipid metabolism. Each Lindens Lecithin 1200mg Capsule contains 1200mg of unbleached soya lecithin, yielding 190mg phosphatidyl choline.

### Description

- Natural unbleached soy lecithin
- Rich source of choline
- Contributes to normal liver function
- Rapid-release, easy swallow capsule

Lecithin, coming from the Greek word for egg yolk 'lekithos' but describing any fatty substance in animal or plant tissue, is an increasingly popular food supplement. It is a natural source of fatty acids such as inositol and choline.

Choline is an important nutrient in the body contributing to normal homocysteine and lipid metabolism, and contributing to healthy liver function. Each Lindens Lecithin 1200mg contains 1200mg unbleached soy lecithin, yielding 190mg phosphatidyl choline, in a rapid-release, easy swallow capsule.

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems

- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

LECITHIN 1200mg

Rich in choline, supporting metabolism of fats and normal healthy liver function

**DIRECTIONS:** Food Supplement. Take one to three capsules each day with a little water.

**PRODUCT INFORMATION:** 1 capsule provides 1200mg Soya Lecithin yielding 190mg phosphatidyl choline

**INGREDIENTS:** Unbleached **Soya** Lecithin (**soya**), Shell (Gelatin, Glycerin, Water)

Allergens (if any) in bold.

Free From: dairy, sugar & gluten.

EAN:

5060332534760 - 90 pack

## **PRODUCT INFORMATION**

NRV = Nutrient Reference Value

