

Lecithin

170 soft gelatin capsules, Lecithin supplement, Stock No. 1661-6

Lecithin is a fatlike substance called a phospholipid. The liver produces it daily if the diet is adequate. It is needed by every cell in the body and is a key building block of cell membranes; without it, they would harden.

Lecithin largely comprises the protective sheaths surrounding the brain. It is composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. Although it is a fatty substance, it is also a fat emulsifier; hence, it supports the circulatory system.

Did you know?

Lecithin would be a wise addition to anyone's diet. It is especially valuable for elderly people. Anyone who is taking niacin for high serum cholesterol and triglycerides should also include lecithin in his or her program.¹

NSP Advantage

170 soft gelatin capsules. Lecithin supplement.

Ingredients: 520 mg of lecithin derived entirely from soybeans. No carrier has been added.

Recommendation: Take two capsules with a meal three times daily.

1. Balch, James, and Balch, Phyllis, *Prescription for Nutritional Healing, A-to-Z Guide to Supplements*, Avery, 1998, page 148.

Features & Benefits

- A key component of cell membranes, which protect cells from oxidation.
- May provide nutritional support to normal brain function.
- Enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body.