

## LECITHIN (170 CAPS.)

PRICE: **39,10** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PY1661

EAN code: PY1661



PRODUKTAS SU ETIKETE  
LIETUVIŲ KALBA



PRODUKTS AR ETIKETI  
LATVIEŠU VALODĀ

### DESCRIPTION OF THE

### ITEM

## LECITHIN

### DIETARY SUPPLEMENTS

Soy lecithin from Nature's Sunshine is an excellent dietary supplement made from natural soy. Soy bean is a legume known in Asia for 5,000 years. It is used in the production of pharmacological products and food. It is an excellent source of protein and thus often replaces meat. Lecithin is fatty substance found in the membranes of all cells in the human body. It has a vital function in the human body: it participates in many metabolic processes and has the property of blending fats with water, which helps in the absorption of water-soluble vitamins. Lecithin is also a very important component of the brain and nerve tissues. Lecithin is rich in phosphatidylcholines (PC) and phosphatidylinositols (PI). It is produced by the human body, but most of it can be found in animal products (liver and eggs) as well as plant products: peanuts or wheat sprouts. Nature's Sunshine lecithin is especially recommended for people whose diet is not rich in these elements.

- Thanks to the fat blending properties, lecithin helps absorb fat-soluble vitamins, i.e. A, D, E and K.

### INGREDIENTS:

Soy lecithin; gelatin; glycerol

---

**KEY INGREDIENTS:**

Content in the recommended serving (2 caps):

Soy lecithin..... 1120 mg\*

\*Reference Daily Intake not specified.

---

**RECOMMENDED USE:**

1 capsule 2 times a day during a meal. Do not exceed the recommended daily dose.

---

**STORAGE CONDITIONS:**

Store in a dry and cool place, out of reach of small children.

---

Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.