

## Soya Lecithin 120 Capsules

EAN: 5055148400606

FABRICANTE: LAMBERTS



*Soya Lecithin 1200 mg, source of Phosphatidyl Choline. Phospholipid with metabolic and physiological effects and source of choline and inositol.*

### DESCRIPTION

The word lecithin comes from the Greek "legikos" (egg yolk) since it was first isolated from egg yolk by Maurice Gobley in 1850.

Lecithin is technically known as a phospholipid (a group of natural organic substances) with important metabolic and physiological effects. Phospholipids are found in soybeans, egg yolks and other foods.

It is one of the most abundant natural sources of two important nutrients: choline and inositol. Both are lipotropic agents that play an important role in the hepatic metabolism of fats and in the emulsification of body fats. Lecithin, in the form of phosphatidylcholine, is the main source of choline (one of the B vitamins) in the diet. Once in the body, this compound is broken down, releasing choline.

Choline is used by the body to build cell membranes and facilitate the movement of fats into and out of cells. Choline is also the precursor to the neurotransmitter (brain chemical) acetylcholine.

These capsules are a convenient way to supplement your diet. Each capsule provides 1200 mg of pure soy lecithin, free of GMO (genetically modified organisms).

- Rich source of choline, which contributes to normal homocysteine metabolism.
- Lecithin is a key component of bile.
- Choline contributes to maintaining normal liver function.

Soft brown capsule.

### Each capsule provides:

Soya Lecithin 1200 mg



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### Disintegration time:

Less than 30 minutes.

### Allergen note

Contains soy.

The following list of allergens are excluded: wheat, barley, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten.

### Precautions

None known at the recommended dose.

### Instructions for use

Take 1 capsule daily with a meal, up to a maximum of 4 per day.

Do not exceed the expressly recommended daily dose.

With one bottle you have for: 120 days max.

