

**THE LECITHIN FROM LEWIS LABS. (TM)**  
**Pineapple & Coconut natural flavorings**

**NATURAL SOYA LECITHIN GRANULES - 95% PHOSPHATIDYL COMPLEX**  
95% Pure Lecithin. NON-GMO

**Lecithin is found in every living cell with highest concentrations found in the brain, heart, liver and kidneys. In our bodies, it performs an astonishing range of vital functions directly affecting our health and well-being.**

**Brain: Lecithin choline (part of B vit complex) is transformed into acetylcholine, a vital compound for the transmission of messages from one nerve to another.**

**Liver: Lecithin helps metabolize fat and supports healthy liver function.**

**Intestinal tract: Lecithin helps the absorption of Vitamins A and D and influences the utilization of other fat-soluble nutrients such as Vitamin E and K.**

**LECITHIN THE EMULSIFIER**

**By helping to dissolve fats and cholesterol, lecithin functions as the body's emulsifier. Fat and oils are an essential part of the diet, yet they must function within the watery environment of the body. Although oil and water do not mix, a lecithin molecule can hold them together. One end of the molecule (containing fatty acids) is attracted to the oil and the other (containing phosphorous and nitrogen) is attracted to the water. Thus, lecithin acts as a bridge between water and oil. It has the ability to keep fat-like cholesterol particles in a clear solution while they journey through the arteries so that they are able to pass through the blood vessels.**

**Unfortunately, some products that describe themselves as lecithin list chloride as an ingredient. These products are not true lecithin. Choline chloride is a synthetic, while true lecithin supplies natural phosphatidyl choline. Look for it on the label.**

**Do not consume liquid lecithin usually found in gel capsules. It is primarily designed for commercial use as an emulsifier in food, cosmetics, paints, etc. It is a bad-tasting, sticky material and consists of about 37% oil and only 60% Phosphatidyl Complex. Capsules contain even more oil and are higher in calories and less potent than The Lecithin from Lewis Labs.**

**Approximately 100 pounds of soybeans are required to produce the pure lecithin granules in each one pound can.**

**DIRECTIONS:** With all its remarkable benefits, lecithin is a food. You can enjoy as much as you wish of this delicious product without worry. The usual recommended serving, as a supplement, is one or two level tablespoons a day. However, if you are an older person, or have concerns about cholesterol, you may want to increase this amount. Just like any other chewable supplement, many people like to take it directly. If you prefer to mix it with fruit or vegetable juice, use a blender. You can have fun with this product. Lecithin is intended to be added to a diet as a supplement and is not intended for use as a conventional food product. It is great to add to cereals, hot or cold. Try adding it to yogurt or "smoothies."