Lecithin Capsules
With vitamins E, B6 and B12

Contains: 200 capsules

Information
One lecithin capsule contains 500 mg lecithin from soya beans.

Lecithins are natural fat-like compounds of substances that belong to the phospholipid group. They are an important constituent of all cell membranes, and are present in particularly large quantities in the bone marrow, nervous tissue, and the heart. In addition to lecithin, the capsules contain vitamin E, vitamin B6 and B12. Vitamin E contributes to the protection of cells from oxidative stress.

According to the EFSA

Vitamin B6 and vitamin B12 contribute to:
- the normal functioning of the nervous system and the psyche;
- the normal formation of red blood cells; and
- the reduction of tiredness and fatigue.

One capsule contains
500 mg lecithin, 5 mg α-TE vitamin E, 1 mg vitamin B6, 0.5 μg vitamin B12.

Ingredients
Soya lecithin (61.3%); gelatine; moisture retainer: glycerine; emulsifier: monoglycerides and diglycerides of edible fatty acids; soya oil; butter fat; DL-alpha tocopheryl acetate; pyridoxin hydrochloride; cyanocobalamin.

Information concerning nutrients and substances with a specific nutritional effect

<table>
<thead>
<tr>
<th>nutrients</th>
<th>per recommended dose (6 capsule/day)</th>
<th>% of the reference quantity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecithin</td>
<td>3000 mg</td>
<td>**</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>30 mg α-TE</td>
<td>250 %</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6 mg</td>
<td>429 %</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>3 µg</td>
<td>120 %</td>
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</tbody>
</table>

* Reference quantity pursuant to directive 1169/2011 (EU)
** No reference quantity available

Dietary supplement

Recommended dosage
Two capsules to be taken with plenty of liquid, three times a day.

Note
- Do not exceed the recommended daily dose.
- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.