

## **Lecithin (Item #5030)** *"Nature's Sunshine" in a Capsule*

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Lecithin is one of the body's most productive "go-getters", Lecithin plays a substantial role in virtually every biological function known to human existence. This natural source of Choline, Inositol, Linoleic Acid and Phosphatidyl Serine is fundamental in the transportation of nutrients to-and-from other cells – thus making it a key factor in how effectively we metabolize the food in our diet; hence, it supports the circulatory system. The choline present in our Lecithin is useful for making acetylcholine – "Nature's Sunshine". Lecithin is derived from soybeans and is hermetically sealed in soft-gel capsules. No carriers are ever added to our products, and freshness is guaranteed.

### **What are some of the benefits of taking Lecithin?**

- Lecithin produces the neurotransmitter acetylcholine which enables communication and signal-transmission between brain cells. Alzheimer's disease can be caused by a change in production of acetylcholine. An increase in lecithin will prompt brain cells to produce more acetylcholine, thus improving memory.
- With the influence of Lecithin, cholesterol that is traveling through the blood stream stays solvent. This helps to keep the cholesterol suspended therefore it will not attach to the artery walls.

Lecithin can be naturally consumed through a diet including lecithin rich foods such as egg yolk, soybeans, grains, wheat germ, fish, legumes, yeast, and peanuts, to name a few.

### **Recommended Dosage:**

The recommended dosage is one to two soft gels daily. Many people take even higher doses. As with any supplement, achieving the best results from Lecithin may require a change in lifestyle. Maintaining a healthy diet, exercising the body and mind, limiting alcohol intake, avoiding cigarette smoke and taking supplements are just a few ways to improve overall health.

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## **Ordering Information**

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**Lecithin (Item #5030)** is priced at only: \$21.00 for one bottle of 100 soft gels  
Conveniently Order On-line at: <http://UniversalFormulas.com>

<p><b>Please DO NOT modify levels of any prescribed medication without first consulting your physician.</b></p>
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### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.