



Lecithin Vital-Granulate

Food supplement made from soybeans

Good to know:

A natural product made from pure soybeans. Soy lecithin is particularly rich in high quality phospholipids which are known colloquially as lecithin. Phospholipids are functional components of biological membranes and thus exist in every cell of the body. In addition, Lecithin Vital-Granulate is a natural source of choline, a biologically important substance in the human organism. Thus choline contributes to a normal homocysteine and lipid metabolism and helps maintain a normal liver function. Lecithin Vital-Granulate contains essential polyunsaturated fatty acids, which the body can not produce itself. It is therefore recommended to supplement the diet with Lecithin Vital-Granulate as part of a cholesterol-conscious diet.

Lecithin Vital-Granulate is especially recommended for children, athletes, employed persons, older and all health conscious people.

Average nutritional values	per 100 g	per 7 g (2 teaspoons)	per 14 g (4 teaspoons)
Calorific content	3230 kJ 760 kcal	226 kJ 53 kcal	452 kJ 106 kcal
Fat of which are:	91 g	6.4 g	12.8 g
- saturated fatty acids:	12 g	0.8 g	1.6 g
- monounsaturated fatty acids	5 g	0.4 g	0.8 g
- polyunsaturated fatty acids	33 g	2.3 g	4.6 g
carbohydrates, of which are:	9.0 g	0.6 g	1.2 g
- sugar	5.0 g	0.4 g	0.8 g
fiber	0 g	0 g	0 g
protein	< 0.3 g	< 0.02 g	< 0.04 g
salt	50 mg	3.5 mg	7.0 mg
phospholipids, of which are:	76 g	5.3 g	10.6 g
- phosphatidyl choline	22 g	1.6 g	3.2 g
- of which is choline	2.9 g	0.2 g	0.4 g
- phosphatidyl ethanolamine	20 g	1.4 g	2.8 g
- phosphatidyl Inositol	15 g	1.1 g	2.2 g
- other phospholipids	8 g	0.6 g	1.2 g

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has been established yet.

Ingredients: 100 % Soy Lecithin

Recommended use:

- Adults: 14 g once daily (4 teaspoons)
- Children aged 4 and over: 7 g once daily (2 teaspoons)

Lecithin Vital-Granulat pure for breakfast or stirred into a glass of milk, juice, yogurt or granola, is a healthy start to the day.

Food supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Contents 500 g (= 35 or 71 portions)

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