

# Sunflower Lecithin & Plant Sterols

An innovative blend, delivering a highly concentrated source of phosphatidyl choline (22%) from a sunflower source, further enhanced by the addition of plant sterols, noted to contribute towards the maintenance of normal cholesterol levels at daily intakes of 800mg daily.



**Quantity:** 175g  
(17-35 days' supply)

**Type:**  
Powder

**Code:**  
CH004

**SUITABLE FOR:** VEGANS ✓ A Vegan Society Registered product

## Each teaspoon (approximately 5g) of powder typically provides:

<b>Lecithin</b>	<b>4500mg</b>
Providing:	
Phosphatidyl choline	1035mg
Phosphatidyl ethanolamine	810mg
Phosphatidyl inositol	360mg
Phosphatidic acid	90mg
<b>Phytosterols</b>	<b>450mg</b>
Of which:	
Beta Sitosterol	225mg

### Ingredients:

Sunflower lecithin powder, plant sterols, anti-caking agent silicon dioxide.

**Suitable for vegans and many of those on a restricted diet.**

## Directions for use:

1-2 tsp (approximately 5-10g) of powder daily. For best results, take mixed with food ideally being blended into a smoothie or juice of your choice.

**Store in a cool dry place, below 25°C and protect from direct sunlight, heat & moisture.**

### Cautions:

Do not consume in excess of 3g of plant sterols from all dietary sources per day.

This product is not suitable if you are pregnant, breastfeeding or under five years of age.

Should you have any concerns about possible interactions with prescribed medication, always consult your physician before consuming.

Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**Keep out of the reach of children.**

