Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

## Overview

# Pure lecithin, 125 g

**Product number:** NV1550




### Price

## €18.22

~~€21.50~~ (15.26% saved)

previously €21.50

Prices incl. VAT plus shipping costs

## Description

### High-quality soy lecithin with natural phosphatidylcholine

NATUR VITAL Rein-Lecithin contains high-quality soy lecithin granulate from natural, gently dried soybeans. It provides a natural combination of phospholipids and essential fatty acids and is characterised by a high content of phosphatidylcholine (32%).

Production takes place without the addition of fillers, binders or other unnecessary additives – for a high-quality, natural dietary supplement.

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Phospholipids are natural components of the human body and are found in every cell. They are an essential building block of cell membranes and are also present in foods such as egg yolk and soybeans. Phosphatidylcholine, commonly referred to as lecithin, is particularly well known.

With its high-quality composition, NATUR VITAL Rein-Lecithin is ideal as a daily supplement to a balanced and varied diet – especially for those who place importance on a targeted supply of phospholipids.

**Your advantages at a glance:**

- High-quality soy lecithin granulate from natural soybeans
- 32% phosphatidylcholine
- Natural source of phospholipids and essential fatty acids
- No fillers or binders
- Gently produced
- Ideal for daily supplementation

## Nutritional information

| Nutrients | per daily serving 1 tsp (3 g) |
|---|---|
| Energy | 109 kJ / 26 kcal |
| Fat | 1.74 g |
| of which: | |
| - saturated fatty acids | 0.45 g |
| - monounsaturated fatty acids | 0.3 g |
| - polyunsaturated fatty acids | 0.99 g |
| Carbohydrates | 0.165 g |
| - of which sugars* | 0.045 g |
| Protein | 0.003 g |

* naturally occurring, no sugar added

## Active ingredients

| Active substances* | per daily serving 1 tsp (3 g) |
|---|---|
| Phospholipids | 2.1 g |
| of which | |
| Phosphatidylcholine | 0.99 g |
| Phosphatidylethanolamine | 0.45 g |
| Phosphatidylinositol | 0.48 g |
| Phosphatidic acid | 0.18 g |

* No reference intake value specified according to FIC

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**Ingredients**

Lecithin granulate (from **soy**beans).

**Recommended intake**

1–2 teaspoons (3–6 g) daily, plain or e.g. sprinkled onto muesli.

**Storage instructions**

Store in a cool, dry place, protected from light (do not refrigerate).

**Legal notice**

The recommended daily intake should not be exceeded. Dietary supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

## Product information

| | |
|---|---|
| **Application:** | Brain |
| **Dosage form:** | In granule form. |
| **Plants:** | Soya |
| **Quality:** | Free from magnesium stearate, Gluten-free, Lactose-free, Vegan |
| **Allergens:** | Soya |
| **Product type:** | Dietary supplements |