

## Lecithin Plus Fiber (#1605)

<b>Supplement Facts</b>		
Serving Size 3 Tablets		
Servings per Container		
	Amount per Serving	% Daily Value
Calcium (Phosphate)	230 mg	23%
Niacin	15 mg	75%
Lecithin (from Soybeans)	900 mg	†
Fiber Blend (Apple, Oat, Citrus Rice, Gum Arabic, Guar Gum)	800 mg	†
Plant Sterols (from Corn)	267 mg	†
† Daily Value not established.		

Other ingredients: Fructose, Silicon Dioxide, Magnesium Stearate, Natural Flavors, Stevia.  
Contains Soybeans.

Suggested use: Take 3 tablets 3 times per day with meals.