



Category 7
Nutritional Oils / Lecithin



GOODFORYOU

GOOD FOR LIFE

LECITHIN GRANULES

(Soybeans) #102252

1 lb

Description: Lecithin is a valuable food especially for the elderly. Helps to protect sheaths surrounding the brain, improves brain function, orientation, learning and memory problems. Studies indicate benefits with senile dementia of the Alzheimer's type. Lecithin enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body.

Contents / Ingredients

Lecithin is a type of lipid that is needed by every living cell in the body. Food sources that contain lecithin include brewers yeast, egg yolk, grains, legumes, fish, and wheat germ. **GFY's lecithin granules are derived entirely from soybeans.**

Lecithin would be a wise addition to anyone's diet. It is especially valuable for elderly people. The protective sheaths surrounding the brain are composed of lecithin, and the muscles and nerve cells also contain this essential fatty substance. Lecithin consists mostly of the B vitamins choline, and also contains linoleic acid and inositol. Although lecithin is a lipid, it is partly soluble in water and thus acts as an emulsifying agent. This is why many processed foods contain lecithin.

This nutrient helps to **prevent arteriosclerosis**, protects against cardiovascular disease, **improves brain function**, and aids in the absorption of thiamine by the liver, and vitamin A by the intestine. Tests conducted with soya derived lecithin contained 90% phosphatidyl and lysophosphatidyl-choline. Patients received 20 to

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 TBSP (10 g)	Servings per Container 45		
	Amount Per Serving		% Daily Value
Calories	70		
Calories from Fat	50		
Total Fat	5.5 g		8% (**)
Saturated	1 g		5% (**)
Polyunsaturated	3.5 g		(*)
Total Carbohydrate	1 g		<1% (**)
Potassium	300 mg		30%
Phosphorus	160 mg		5%
Soy Lecithin (***)	10 g (10,000 mg)		(*)

(*) Daily Value not established

(**) Percent Daily Value based on a 2,000 Calorie Diet

Other ingredients: none. **Vegetarian product.**

(***) Contains 2.3 g (2,300 mg) of Phosphatidylcholine and 1.4 g (1,400 mg) of Phosphatidylinositol per serving.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.

25 grams a day of this purified soya lecithin. The study found patients benefited from high dose supplementation, showing moderate improvements in **orientation, learning and memory within the four months trial**. Also mental function in older healthy adults with memory lapses diminished significantly in the lecithin group. Other benefits included improvements in moods and reduced stress.

Lecithin is also known to promote energy and is needed to help repair damage to the liver caused by alcoholism. When it comes to energy for endurance activities, lecithin, or its main components choline, just might give athletes an edge. Among its many functions, choline converts to acetylcholine, a neurotransmitter that conducts signals from nerve to nerve and from nerves to muscles. Lecithin enables fats, such as **cholesterol** and other lipids, to be dispersed in water and removed from the body. The vital organs and arteries are thus protected from fatty buildup.

In a variety of studies Lecithin has been demonstrated to decrease the size of **gallstones**. Studies carried out over a 18 to 34 month period, produced results ranging from reducing gallstones to totally eliminating them. Other studies also revealed that lecithin reduced serum lipid levels, particularly **cholesterol**. This reduction could decrease the risk for **coronary artery disease**.

One tablespoon of lecithin granules provides about 1,725 mg of phosphatidylcholine and 250 mg of choline. Back in the 1970's, the average American diet contained about 6,000 mg of lecithin per day. Today, intakes are less because we've cut back on fatty foods -- the foods that are so rich in lecithin. Eggs, organ meats and other meats are good sources, whereas grains, fruits and vegetables are poorer sources.

SUGGESTED DOSAGE: As a dietary supplement, take 2 tablespoon daily, preferably with meals. Mix in juice or shakes, or sprinkle on food..