

## Nutritional

values:	1 capsule	3 capsules	NRV %**
lecithin powder	500 mg	1500 mg	**
niacin	16 mg	48 mg	100/300
pantothenic acid	6 mg	18 mg	100/300
zinc	2,25 mg	6,75 mg	23/68
vitamin B6	1,4 mg	4,2 mg	100/300
vitamin B2	1,4 mg	4,2 mg	100/300
vitamin B1	1,1 mg	3,3 mg	100/300
folic acid	200 µg	600 µg	100/300
vitamin B12	2,5 µg	7,5 µg	100/300

\*NRV = reference value according to EU-LMIV



**Important information:** Do not exceed the recommended daily intake of food supplements. They should not be used as a replacement for a balanced and varied diet and healthy lifestyle and must be stored in a cool, dry place away from direct light and out of the reach of young children.

**medicura®**

# Lecithin 500 mg



food supplement  
50 capsules



Content: e 36,2 g

## Food supplement with vitamins in a base of lecithin powder

**INGREDIENTS:** soylecithin powder (69.08 %), capsule (HPMC, coloring agent: chlorophyll), cornstarch, niacin (B3) (2.43 %), release agent: magnesium salts of fatty acids, pantothenic acid (B5) (1.05 %), zinc citrat dihydrate (1.00 %), release agent: silicon dioxide, pyridoxine (B6) (0.26 %), riboflavin (B2) (0.22 %), thiamine mononitrate (B1) (0.22 %), pteroylmonoglutamic acid (folic acid), cyanocobalamin (B12)

Recommended intake: 3 capsules daily

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= 16,67 daily rations

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best before: