



NATURE'S SUNSHINE

Lecithin

GOOD FOR

Nervous System

Brain

Cardiovascular system

SIZE **180 softgel caps**

ITEM # **3760**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take two capsules with a meal three times daily.

— How the Key Ingredients Work

Lecithin is a naturally occurring blend of fatty nutrients found in foods like eggs and soybeans that your body uses every single day. It works as a kind of internal helper — keeping fats moving smoothly through your system, supporting your brain, your heart, and the lining of your digestive tract all at once.

Lecithin (Phosphatidylcholine) — The star of this formula, phosphatidylcholine is the main active component in lecithin. Think of it as a building block your body relies on to keep cell membranes flexible and healthy. It plays a central role in how your brain communicates, how your liver processes fats, and how your digestive tract stays protected and comfortable.

Lecithin for Heart & Cholesterol Support — Clinical studies in people with high cholesterol show that soy lecithin supplementation can meaningfully reduce total cholesterol and LDL — the kind often called 'bad' cholesterol. Lecithin helps the body move cholesterol through the bloodstream more efficiently, supporting a healthier balance of fats in the blood and overall cardiovascular wellness.

Lecithin for Brain & Memory Health — Your brain is largely made of fat, and lecithin provides the kind of fatty nutrients it needs most. Research including a 2025 multicenter study in older adults found lecithin protective against age-related memory concerns. Regular lecithin intake is associated with supporting healthy cognitive function as you get older, helping you stay sharp and clear-headed.

Lecithin for Digestive Comfort — The lining of your colon relies on a protective layer that contains phosphatidylcholine — and research shows that people with certain digestive conditions often have lower levels of it. Lecithin helps replenish this protective coating, with multiple clinical trials showing it can support remission and reduce reliance on steroids in those with colitis-related concerns.

Lecithin for Gallbladder & Bile Health — Bile — the fluid your gallbladder uses to break down fats — is made up of three key components, and lecithin is one of them. It acts as a natural solubilizer, helping keep cholesterol dissolved in bile so it doesn't clump together and form crystals. Supporting healthy bile composition is one of lecithin's most important behind-the-scenes roles.

Phosphatidylethanolamine — One of the phospholipids naturally present in lecithin, phosphatidylethanolamine is found throughout the body's cell membranes. It helps maintain the structural integrity of cells and plays a supporting role in the healthy function of the brain and nervous system. It works quietly alongside phosphatidylcholine to keep your cells in good shape.

Phosphatidylinositol — Another naturally occurring component of lecithin, phosphatidylinositol is involved in how cells send and receive signals. It's found in brain tissue and throughout the nervous system, where it helps support normal communication between cells. Its presence in lecithin adds to the formula's broad support for neurological and overall cellular health.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

