

# Soya Lecithin Granules

## Presentation

Light yellow granules.

### Nutrition Information:

Typically	per 100g	per level tsp (7.5g)	serving
Energy	2511kJ/610kcal		188kJ/46kcal
Fat	59.4g		4.5g
Of which			
Saturates	14.8g		1.1g
Monounsaturates	9.4g		0.7g
Polyunsaturates	32.6g		2.5g
Carbohydrate	18.6g		1.4g
Of which			
Sugars	2.0g		0.15g
Protein	6.1g		0.5g
Phosphorus	2960mg		222mg

### Of the total fat

Total phospholipids	73%
as Phosphatidyl Choline	24%
Phosphatidyl Ethanolamine	21%
Phosphatidyl Inositol	14%

**Please note:** Lecithin is a natural food material and therefore the levels of its component compounds are variable, so the levels given here are average figures.

Suitable for vegetarians (V) and vegans (V)

## Uses

Lecithin is one of the richest natural sources of two important nutrients: choline and inositol. They are both lipotropic agents that play an important role in fat metabolism in the liver and the emulsification of fats in the body. Choline is also a precursor of the neurotransmitter (brain chemical) acetylcholine, which is essential for normal brain activity.

### Usage and administration

(A level tablespoon = 7.5g) 1 to 2 level tablespoons daily.

The granules can easily be sprinkled onto cereals, stirred into fruit juices or added to soup without affecting the flavour.

### Allergen advice

Contains Soya.

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place. Lecithin granules are a perishable food and are best used within 6 weeks of opening.

### Legal category

Food supplement.

quantity  
250g

type  
powder

code  
8538

