

# STRUCTURE / FUNCTION CLAIMS

## NUTRIENT: Lecithin

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PRODUCT: Fred Meyer Lecithin (100sg, 250sg)

NUTRIENT AMOUNT: 1200 mg per serving (one softgel)

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### STRUCTURE/FUNCTION CLAIM:

Lecithin is a natural emulsifier that works to disperse fats in the body.

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### REFERENCES:

1. Vroulis, G, et al, Reduction of cholesterol risk factors by lecithin in patients with Alzheimer's disease, *Am. J. Psychiatry* 1982; 139(12): 1633-1634.
2. Brook, JG, et al, Dietary soya lecithin decreases plasma triglyceride levels and inhibits collagen- and ADP-induced platelet aggregation, *Biochem. Med. Metab. Biol.*, 1986; 35(1): 31-39.
3. Knuiman, JT, et al, Lecithin intake and serum cholesterol, *Am. J. Clin. Nutr.* 1989; 49(2): 266-268.

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