

# NATIONAL LECITHIN, INC.

**PLANT AND WAREHOUSE**  
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## NUTRITIONAL INFORMATION – FLUID NATURAL LECITHIN

(Typical results per 100 grams of product)

<u>NUTRIENT:</u>	<u>AMOUNT:</u>	<u>BY ANALYSIS (A) OR CALCULATION (C):</u>
Calories	790	A
Calories from Fat	620	C
Total Fat (g)	69 <sup>1</sup>	C
Saturated (g)	14	A
Monounsaturated (g)	12	A
Polyunsaturated (g)	40	A
Trans Fatty Acids	0	A
Cholesterol (g)	0	A
Sodium (mg)	10	A
Total Carbohydrate (g)	5	A
Dietary Fiber (g)	0	A
Sugars (g)	5	A
Protein (g)	0	A
Vitamin A (I.U.)	*	A
Vitamin C (mg)	*	A
Calcium (mg)	40	A
Iron (mg)	1	A

1. FDA defines total fat as the total lipid fatty acids expressed as triglycerides.

### APPROXIMATE COMPOSITION:

Lipids (g)	90 <sup>2</sup>	C
Carbohydrates (g)	5	A
Ash (g)	6	A
Moisture (g)	1	A

2. % Lipid = 100 – (%Moisture + % Carbohydrate + % Ash) + % Phosphorus.

### OTHER MINERALS:

Phosphorus (mg)	2000	A
Potassium (mg)	440	A
Thiamine (mg)	*	A
Riboflavin (mg)	*	A
Niacin (mg)	*	A
Vitamin B6 (mg)	*	A
Folic Acid (mg)	*	A
Vitamin B12 (mg)	*	A
Vitamin D (mg)	*	A
Vitamin E (mg a-tocopherol)	5	C

- Less than 2% of the Recommended Daily Intake for these nutrients.

### INSOLUBLES:

Phosphatidylcholine (g)	16	A
Phosphatidylethanolamine (g)	14	A
Phosphatidylinositol (g)	9	A