NATURAL SOLUTIONS
Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare
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Soybean Lecithin

Soybean Lecithin is an Excellent Source of Essential Fatty Acids

Soybean lecithin is a phospholipid, a phosphorus-containing fat whose key constituent is choline, a substance that is crucial for a variety of basic metabolic functions and structures. For instance, it is a component of the major neurotransmitter acetylcholine. Lecithin is necessary for fat transport, enzyme control, and, in the cell membrane, as a carrier of hormone messages. Until recently, dietary choline was considered to be unnecessary. However, nutritional scientists are reconsidering this assumption and reevaluating choline as an essential nutrient.

Soybean Lecithin also contains pure, unrefined soybean oil, a source of linolenic and alpha linolenic essential fatty acids. These fatty acids are needed for many body functions and are required in everything from cell membranes to skin and hair. They are also necessary to form prostaglandins, powerful, short-acting, hormone-like molecules that regulate body chemistry.†

How Soybean Lecithin Keeps You Healthy

Helps maintain healthy liver function

Lecithin is converted by the body into choline, a substance that maintains proper liver activity and functions in the transport of fats out of the liver, especially under conditions of stress.†

Helps maintain a healthy cardiovascular system

Lecithin is converted by the body into choline, which normalizes homocysteine levels in people who have elevated blood homocysteine.†

Soybean oil promotes a healthy circulatory system in several important ways. It contains a group of compounds called phytosterols, which help maintain the normal balance of LDL (bad) cholesterol to HDL (good) cholesterol in the blood. The essential fatty acids found in soybean oil also change the fatty acid composition of platelets, or clotting cells in the blood, thus maintaining a healthy flow of blood through the circulatory system.†

Helps maintain normal cholesterol levels

Lecithin helps maintain normal cholesterol levels in individuals who have healthy levels.†

Maintains nervous system health

Lecithin, an essential component of cell membranes, is crucial for brain formation in fetuses and infants. Choline, which can be derived from supplemental lecithin, is an important component of the pervasive neurotransmitter acetylcholine.†



Introduced in: 1938
Content: 240 Perles
Vegetarian Product

Supplement Facts:
Serving Size: 1 perle
Servings per Container: 240

	%DV
Calories	5
Soybean Lecithin	240 mg

Other Ingredients: Soybean oil, gelatin, glycerin, water, and carob.

Suggested Use: One perle per meal, or as directed.

Sold through health care professionals.

Standard Process
800-558-8740 | www.standardprocess.com

Please copy for your patients

Soybean Lecithin

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Soybean Lecithin

How Soybean Lecithin Keeps You Healthy (continued)

Choline and essential fatty acids in soybean lecithin support immune functions
The combination of choline and linolenic acids in soybean lecithin support immune system functions.†

Stimulates the body's immunological systems
Soybean oil contains several groups of important phytochemicals, including phytosterols and saponins. Phytosterols change the composition of bile acids, thus protecting the colon, while saponins stimulate the body's own immunological protection.†

What Makes Soy Bean Lecithin Unique

Product Attributes
Packaged in perles, not sold in bulk

- Protects against oxidation and retains the integrity of the whole plant

Manufacturing and Quality Control Processes
Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy
Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature–in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists–known and unknown–bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. *See the supplement facts for Soybean Lecithin.*

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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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