



# ADM LECITHIN

## NUTRITIONAL DATA

Product: Ultralec™ P/F/G

Nutrient	Amount per 100 grams
Calories (kcal)	700
Calories from fat (kcal)	480
Total Fat (g) <sup>1</sup>	53
Saturated (g)	13
Monounsaturated (g)	5
Polyunsaturated (g)	35
Linoleic (g)	29
Linolenic (g)	6
Cholesterol (mg)	0
Sodium	11
Total Carbohydrates (g)	8
Dietary Fiber	0
Sugars (g)	4
Protein (g)	0
Choline (g)	3
Vitamin A	*
Vitamin C	*
Moisture (g)	<1
Calcium (mg)	140
Iron (mg)	4
Potassium (mg)	1600
Phosphorus (mg)	3000
Thiamine (ug)	*
Riboflavin	*
Niacin	*
Folic Acid	*
Vitamin E (mg)	6
Vitamin B12 (ug)	*
Phosphatidylcholine (%)	23
Phosphatidylethanolamine (%)	20
Phosphatidylinositol (%)	14
Phosphatidic Acid (%)	8

<sup>1</sup> Total Fatty Acids expressed as triglycerides.

\* Contains less than 2% of the U.S. RDA of these nutrients.

Information from database and analytical sources is believed to be accurate as typical values of deoiled lecithin.

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