



# Lecithin

## How it reduces cholesterol

Lecithin helps to prevent arteriosclerosis (blockage of coronary arteries), protects against cardiovascular disease, improves brain function, helps keep the liver and kidneys healthy, aids in absorption of thiamine (vitamin B1) and vitamin A, and can even help to repair liver damage caused by alcoholism. Lecithin has a role in every living cell in the human body

## How it reduces cholesterol?

The choline and inositol in lecithin protect against hardening of the arteries and heart disease by promoting normal processing of fat and cholesterol. Lecithin itself helps to bind fats and cholesterol to water so that they can pass through the body rather than cause a potentially harmful build up in the heart or liver

## Where is it found?

Lecithin is found in a wide variety of foods. Good food sources include fish, liver, cabbage, cauliflower, chickpeas, green beans, lentils, soybeans, corn, eggs, brewer's yeast, grains, legumes and wheat germ

## Recommended Daily Dosage

There is no Recommended Daily Allowance (RDA) for lecithin, but most medics recommend two tablespoons of lecithin granules be sprinkled on food each day (yogurt, soups, cereal, etc.). While overdoses are extremely unlikely, excessive doses of lecithin can cause dizziness, nausea, and vomiting, so do not take massive doses of lecithin without first consulting with your doctor or pharmacist

## Lecithin at Whelehans

Lecithin granules are available at your local supermarket. For those who like the convenience of a once daily capsule, Whelehans stock our own brand of Lecithin 1200mg capsules. They are only €6.99 per 90 pack and the directions are one or two per day

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