

Premier Sunflower Lecithin

Premier Brain, Nerve & Lipid Support*



ORGANIC
INGREDIENTS*



VEGAN



POTENCY
VERIFIED



HEAVY METALS
TESTED



A Whole-Food Source of Choline — Naturally Complete

Choline is an essential nutrient required for normal brain function, nervous system function, and healthy fat metabolism.* Many people consume less than the recommended intake, particularly during pregnancy, breastfeeding, and older adulthood. Premier Sunflower Lecithin provides 170 mg of choline (31% DV) per tablespoon, along with naturally occurring phospholipids that accompany choline in food.

Many lecithin products are made from soy. Premier Sunflower Lecithin is now offered as a soy-free option, delivering the same gentle, whole-food nutrition in a non-GMO, allergen-friendly form that fits a wider range of dietary needs. Each batch undergoes purity testing, including screening for heavy metals, contaminants, and allergens.

What's Inside

Choline — 170 mg (31% DV): An essential nutrient that helps nourish healthy brain and nerve function while supporting the body's ability to process fats.*

A Natural Phospholipid Family: Choline in Premier Sunflower Lecithin arrives the way nature packages it — alongside a full complex of naturally occurring phospholipids, the building blocks your cells use to form healthy membranes throughout the brain, nerves, and body.*

Sunflower-Sourced, Not Soy: Sourced from non-GMO sunflower seeds instead of soy, so more people can enjoy the same nourishing benefits.

Why Choose Premier

Sunflower Lecithin?

- Whole-food nutrition, not an isolated nutrient: Choline arrives together with its natural phospholipid family, just as it's found in nature.
- Soy-free and allergen-friendly: A gentler option for soy-sensitive or allergy-conscious individuals, without giving up the benefits.
- Supports brain health and memory: Helps nourish healthy brain tissue and supports normal memory and mental clarity.*
- Supports healthy fat metabolism: Helps the body move and use dietary fat efficiently.*
- Gentle on digestion: Naturally supports the breakdown and absorption of dietary fats.*
- Purity you can trust: Non-GMO and tested for heavy metals, contaminants, and allergens.

The Premier Difference

At Premier Research Labs, every formula is designed with precision, purity, and intelligent nutrient synergy.

- No unnecessary additives or synthetic excipients
- Naturally occurring phospholipid complex, not isolated extracts
- Designed to support physiological balance*

*ONE OR MORE

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

Premier Sunflower Lecithin

Supplement Facts

Serving Size 1 Tablespoon (6g)
Servings Per Container about 49

Amount Per Serving	% DV for Adults & Children 4 or more years of Age	% Daily Value for Pregnant & Lactating Women
Calories 35		
Total Fat 3g	4% **	4% **
Saturated Fat 0.5g	3% **	3% **
Total Carbohydrate 2g	1% **	1% **
Choline 170mg	31%	31%
Non-GMO Sunflower Lecithin 6g †		†

†Daily Value Not Established.
**Daily Values are based on a 2000 calorie diet.

Other Ingredients: None
Source: Sunflower seed (Helianthus annuus), Non-GMO, sourced from Ukraine & Spain.

Pairs Well With

Premier Sunflower Lecithin offers everyday, foundational support for brain, nerve, and whole-body health.* For extra support, it pairs beautifully with NeuroVen™ for full-spectrum nerve support, CereVen™ for brain and memory support, and Premier DHA for additional brain and heart-healthy nourishment.*

Key Takeaways

Premier Sunflower Lecithin gives your body choline the way nature intended — complete with its natural nutrient family — in a clean, non-GMO, soy-free form. It's a gentle, everyday way to support brain, nerve, and whole-body wellness for the whole family.*

A Typical Choline Supplement vs. Premier Sunflower Lecithin

Feature and/or ingredient	Typical choline supplement	Premier Sunflower Lecithin
Supports brain & memory*	● ●	● ● ●
Supports healthy nerves*	●	● ● ●
Supports healthy fat metabolism*	●	● ● ●
Gentle on digestion	●	● ● ●
Whole-food, naturally complete nutrition	●	● ● ●
Soy-free / allergen-friendly	●	● ● ●
Supports nutritional needs during pregnancy and breastfeeding*	● ●	● ● ●
Key:	● Not Addressed ●● Limited ●●● Supported	

*ONE OR MORE

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