

Lecithin-Granulat



Content

400 gr / Granules
PZN 4169227
RRP 49,90 €



Recommended intake

7g / day



without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, gelatine

Vitality for metabolism & cells.

Burgerstein Lecithin Granules are a pure natural product derived from soybeans and contain 100% soy lecithin (GMO-free). Vegetable lecithin is cholesterol-free and contains essential phospholipids as well as polyunsaturated fatty acids.

In addition to their structure-forming properties, lecithin is attributed with numerous functional tasks. They are actively involved in both anabolic lipid metabolism (synthesis and distribution of lipids) and catabolic lipid metabolism (breakdown and remodelling of lipids).

The product is suitable for vegans and vegetarians.

Lecithin-Granulat supports...

- ... during sport
- ... **Vitality in everyday life**
Lack of energy, listlessness and against rapid fatigue
- ... **and contributes to the support of the liver-bile metabolism**
- ... **the regulation of cholesterol metabolism**
- ... **nursing mothers**
Contributes to complication-free milk flow during the breastfeeding period

Lecithins perform important functions in the body:

- Lecithins are involved in fat metabolism: Their task is to distribute, convert and break down the fats absorbed from food.
- Lecithins stabilize the body's cells as a component of the cell membrane.
- Lecithin belongs to the group of phospholipids, which are important components of cell membranes, including those of the brain and nerve cells.
- High levels of lecithin are found in walnuts, eggs, maize, peas, soy products, lupins and buttermilk.

Dissolve milk stasis with lecithin

Pregnancy & breastfeeding: In case of milk stasis, the administration of 3 to 4 grams of lecithin per day has proven effective. The emulsifying effect of lecithin can apparently dissolve the clumps in the milk ducts in the short term. About 2 to 3 grams of lecithin are recommended as a preventive measure. There are no broad studies on this - but many good experiences that are passed on to mothers by midwives.

Lecithin in food

In general, a distinction is made between vegetable and animal lecithin. The following foods contain lecithin (per 100 gr):

Pork	108 mg	Cashew nut	61 mg
Lamb	96 mg	Pumpkin seeds	63 mg
Turkey	82 mg	Sunflower seeds	55 mg
Chicken	66 mg	Hazelnut	45 mg
Duck	65 mg	Walnut	39 mg
Broccoli	40 mg	Cauliflower	39 mg
Whole milk	14 mg	Spinach	22 mg

Offal has the highest content of lecithin, but these products do not play an important role in our diet. Apart from a tendency to eat less meat, hardly anyone eats offal such as brain or liver.



Nutritional values	Per daily portion (7g)
Energy kJ	236,00 kJ
Energy kcal	56,00 kcal
Carbohydrates	0,60 g
thereof sugar	0,20 g
Fat	6,00 g
thereof saturated fatty acids	1.100,00 mg
thereof monounsaturated fatty acids	600,00 mg
thereof polyunsaturated fatty acids	2.300,00 mg