

# Lecithin

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LECITHIN Help on accessing alternative formats, such as Portable Document Format ( PDF ), Microsoft Word and PowerPoint ( PPT ) files, can be obtained in the alternate format help section. (PDF Version - 45 KB) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant on the label. Date March 28, 2025

Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s)

1,2-Diacylglycero-3-phosphocholine 1,2-Diacyl-sn-glycero-3-phosphocholine Lecithin Lecithin Brassica napus Glycine max Helianthus annuus Seed Salmo salar Egg References: Proper names: HC 2024; NIH 2023; Common name: HC 2024; NIH 2023; Source information: HC 2024; USP-NF 2024; NIH 2023. Route of Administration Oral Dosage Form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Helps support liver functions (IOM 2006; Shils et al. 2006; IOM 1998). Note: The terms 'Helps' or 'Helps to' can be used interchangeably on the label. Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) 1 - 6 grams of Lecithin, per day (IOM 2006; HC 2005; Blumenthal et al. 2000; IOM 1998; Canty and Zeisel 1994; WHO 1974). Direction(s) for use No statement required. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) No statement required. Contraindication(s) No statement required. Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulation . Specifications The finished product specifications must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient may must comply with the specifications requirements outlined in the NHPID.United States (USP) pharmacopoeial monograph listed below: Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details. References Cited Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000. Canty DJ, Zeisel SH. Lecithin and choline in human health and disease. Nutrition Reviews. 1994;52(10):327-339. HC 2024: Health Canada. Canadian Nutrient File. Ottawa (ON): Health Canada. [Accessed 2024 March 22]. Available from: <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp> HC 2005: Health Canada. 2005. Addition of Vitamins and Minerals to Foods: Health Canada's Proposed Policy Recommendations. Ottawa (ON): Health Canada. [Accessed 2024 March 22]. Available from: <http://publications.gc.ca/collections/Collection/H58-1-2-1999E.pdf> IOM 2006: Institute of Medicine. Otten JJ, Pitzel Hellwig J, Meyers LD, editors. Institute of Medicine Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington (DC): National Academies Press; 2006. IOM 1998: Institute of Medicine. Panel on Folate, other B Vitamins, and Choline and Subcommittee on Upper Reference Levels of Nutrients, and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. 1998. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline. Washington (DC): National Academy Press. NIH 2023: National Institutes of Health. PubChem. Soy Lecithin. Bethesda (MD): National Library of Medicine, United States Department of Health & Human Services. [Accessed 2024 March 22]. Available from: <https://pubchem.ncbi.nlm.nih.gov/> Shils ME, Olson JA, Shike M, Ross AC, editors. Modern Nutrition in Health and Disease, 10th edition. Philadelphia (PA): Lippincott Williams and Wilkins; 2006. USP-NF 2024: United States Pharmacopeia and the National Formulary. Rockville (MD): The United States Pharmacopeial Convention, Inc.; 2024. References Reviewed WHO 1974: World

Health Organization. Joint FAO/WHO Expert Committee on Food Additives. 1974. Toxicological evaluation of some food additives including anticaking agents, antimicrobials, antioxidants, emulsifiers and thickening agents: Lecithin. WHO Food Additives Series No. 5. Geneva (CH): World Health Organization. [Accessed 2024 March 22]. Available at: <http://www.inchem.org/documents/jecfa/jecmono/v05je42.htm> Report a problem on this page Date modified: 2019-03-01

## **MEDICINAL INGREDIENT(S)**

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulation.

## **DOSAGE FORM(S)**

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

## **RISK INFORMATION**

Caution(s) and warning(s) No statement required. Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

## **NON-MEDICINAL INGREDIENTS**

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulation.

## **STORAGE CONDITION(S)**

Must be established in accordance with the requirements described in the Natural Health Products Regulation.

## **SPECIFICATIONS**

The finished product specifications must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs. be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient may must comply with the specifications requirements outlined in the NHPID. United States (USP) pharmacopoeial monograph listed below: Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details.

REFERENCES

Route of Administration Oral

Proper name(s)	Common name(s)	Source information
Source material(s)	Part(s)	
1,2-Diacylglycerol-3-phosphocholine1,2-Diacyl-sn-glycerol-3-phosphocholineLecithin		
Lecithin	Brassica napusGlycine maxHelianthus annuus	Seed
Salmo salar	Egg	