

The present invention relates to a method for the purification of lecithin, comprising the steps of (a) mixing lecithin with active carbon to form a dispersion; then (b) mixing an organic solvent into the dispersion; then (c) separating the active carbon and contaminants from the lecithin preferably through gravitational forces. The invention further relates to a lecithin substantially free of contaminants, and a food or feed product comprising said lecithin.