

CODE 0470 VI



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

as cell signaling molecules.*

Choline & Inositol are members of the B-vitamin family. Choline is found in most animal tissues and is necessary for normal synaptic transmission and brain health. In addition, Choline is involved in fatty acid metabolism in the liver. Inositol is also essential for brain and nervous system health. Both Choline and Inositol are essential components of all cell membranes, where they function

as cell signaling molecules.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably with meals. Consider taking this product in combination with NOW® B-Complex, Phosphatidyl Serine and L-Methionine.

Choline & Inositol

NERVOUS SYSTEM HEALTH

500 mg

100 Capsules

A Dietary Supplement

- Supports Healthy Nerve Transmission
- Assists in Fatty Acid Metabolism*



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Choline (from Choline Bitartrate)	250 mg*
Inositol	250 mg*

* Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

Choline and Inositol are two members of the B-Complex family.

Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Full potency guaranteed.

Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

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