



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Choline & Inositol

Dietary Supplement

250 capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule per day with food and water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Choline FCC (from choline bitartrate)	250 mg	45%
Inositol	250 mg	*

*Daily Value not established.

Other ingredients: Gelatin, calcium palmitate, silica, rice flour.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com



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