



choline &  
inositol

500mg

vitamin  
100 capsules  
dietary supplement

fat metabolism<sup>v</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual  
size

## Supplement Facts

Serving Size 1 Capsule

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

\* Daily Value not established.

**Other ingredients:** Gelatin, magnesium stearate, silicon dioxide, microcrystalline cellulose.

**Does not contain:** Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

<sup>v</sup> This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**DIRECTIONS:** Take one (1) capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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