

Choline, a member of the B Complex, is a component of cell membranes and provides key support for optimal cellular function. It is involved in the chemistry of the brain, where it is used to synthesize acetylcholine, a critical neurotransmitter required for brain function. It also promotes normal fat metabolism and provides liver support.*

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

Carefully Manufactured by:
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SOLGB70830 01C



CHOLINE 350 MG

SUPPORTS HEALTHY BRAIN
& CELLULAR FUNCTION*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Choline	350 mg	64%
(as choline bitartrate)		

Other Ingredients: Vegetable Cellulose,
Vegetable Magnesium Stearate, Silica.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial
Flavor, Sweetener, Preservatives
and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule three times daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

