

swanson.com
or call 1-800-437-4148

- Supports mental relaxation and mood
- Supports fatty acid metabolism
- Supports liver health

Science-Backed Quality Since 1969

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

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Choline & Inositol

Brain and Nervous System Health

250 mg Choline per capsule & 250 mg Inositol per capsule

DIETARY SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 1 Capsule

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

*Daily Value not established.

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

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