

In its natural state, choline is commonly found in whole eggs and fatty meats. If these are excluded from your diet, consider adding choline. It supports nerve development and the metabolism of cholesterol.**

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG **NO** YEAST, CORN OR WHEAT
YES CERTIFIED VEGAN BY THE AVA **NO** SOY, MILK OR SALT
YES RECYCLABLE PACKAGING **NO** SUGAR OR PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER **NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER-PARVE **NO** GMOs
YES CERTIFIED HALAL BY IFANCA

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



**Dietary
Supplement**

100 Tablets

— *Our* **PLEDGE of INTEGRITY** —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 6510

ESTABLISHED
— 1971 —
**Country
Life**

CHOLINE

Certified Gluten-Free

- Supports nerve health**
- Supports metabolism of fats and cholesterol**

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Choline (from choline bitartrate)	266 mg	48%

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), silica, magnesium stearate.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.