

Suggested Usage: Take 1 capsule daily, preferably with a meal.

Choline and inositol are members of the B-vitamin family. Choline is necessary for normal synaptic transmission, brain health, and fatty acid metabolism in the liver.* Inositol is also essential for brain and nervous system health.* Both choline and inositol are essential components of all cell membranes.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0470B V4



Choline & Inositol

Nervous System Health*

- Supports Healthy Nerve Transmission*
- Assists in Fatty Acid Metabolism*

100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Choline (from Choline Bitartrate)	250 mg	45%
Inositol	250 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Magnesium Stearate (vegetable source).

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

