

## BRAIN HEALTH & CELLULAR ENERGY\*

Choline is the precursor of the neurotransmitter acetylcholine and is involved in healthy brain function.\* Inositol is the precursor of phospholipids, a major component of cellular membranes, which helps to maintain nutrient transfer across the cell membranes.\*

◆ LG40462.B01 BLK8354B



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



# CHOLINE & INOSITOL

BRAIN HEALTH &  
CELLULAR ENERGY\*

100 CAPSULES | 1,000 MG per Serving

DIETARY SUPPLEMENT

**Recommendation:** Take 2 capsules daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Capsules  
Servings per Container 50

Amount per Serving	% DV	
Calories	10	
Total Carbohydrate	1 g	<1%†
Choline (as choline bitartrate)	500 mg	91%
Inositol	500 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: gelatin (capsule), magnesium stearate, cellulose

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing.

**GLUTEN FREE.** No salt, yeast-derived ingredients, wheat, dairy products, or artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA

**Questions?** 1-800-9NATURE /  
naturesway.com



BOTTLES MADE  
FROM 97%  
POST-CONSUMER  
RECYCLED PLASTIC

