



Choline Bitartrate

Storage: Keep dry, cool & dark

250g (8.82oz)

Lot Number: 20130410

Date of manufacture Apr 10 2013

Supplement Facts

Serving Size 750 milligrams

Servings per container: about 333

Amount Per Serving	% Daily Value**
Choline (~40% as Choline Bitartrate) 300mg	*
Choline Bitartrate 750mg	*

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 750 mg (rounded 1/4 tsp) once or twice daily with food (or as directed by physician.) Do not exceed 8 grams daily.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	352
1/4 teaspoon	704
1/2 teaspoon	1409

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.