

Choline and Inositol are members related to the B Complex. They are components of cell membranes and play important roles in healthy cell growth and function. Choline and Inositol support energy metabolism. Choline helps promote normal fat metabolism and supports liver health.*

*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.

Carefully Manufactured by:
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Prod 850
SOLGB70849 02D 14-00850X35



CHOLINE/INOSITOL

500 MG/500 MG

(PER SERVING)

ESSENTIAL FOR NERVE FUNCTION
& FAT METABOLISM*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings per Container: 50

Amount Per Serving		%DV
Choline (as choline bitartrate)	500 mg	91%
Inositol	500 mg	**

** Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Silica,
Vegetable Magnesium Stearate.

**FREE OF: Gluten, Wheat, Dairy,
Soy, Yeast, Sugar, Sodium, Artificial
Flavor, Sweetener and Color.**

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules twice daily, preferably at mealtimes, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

