

**USAGE:** Take 1 capsule up to 2 times per day with food or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Citicoline [stabilized CDP Choline]** (cytidine 5'-diphosphocholine) is a naturally-occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (30%).\* **Citicoline consumption promotes brain metabolism** by enhancing the synthesis of acetylcholine and restoring phospholipid content in the brain, both of which positively affect memory and other brain activity.\*

**Keep out of the reach of children.**  
**Store in a cool, dry place.**

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Citicoline CDP Choline

Supports Brain Function\*

Cognizin<sup>®</sup>  
Citicoline

250  
MILLIGRAMS

60  
CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

|                                                                                       | Amount Per Serving | % DV |
|---------------------------------------------------------------------------------------|--------------------|------|
| Citicoline (Cognizin <sup>®</sup> )<br>(from Stabilized Cytidine 5'-Diphosphocholine) | 250 mg             | †    |

† Daily Value not established.

Other Ingredients: Silicon dioxide, magnesium stearate (vegetable source) and cellulose. Capsule consists of bovine gelatin (BSE-free).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Cognizin<sup>®</sup> is a registered trademark of Kyowa Hakko Bio Co., Ltd. 11419CDP PROD # 120012

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