

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®
Citicoline

250
MILLIGRAMS

120
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

	Amount Per Serving	% DV
Citicoline (Cognizin®) (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® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

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