

USAGE: Take 1 or 2 capsules per day 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.

Uridine is a nucleotide that acts as a precursor needed—in conjunction with the omega-3 fatty acid docosahexaenoic acid (DHA) and the B vitamin-like compound choline—for the synthesis of membrane phospholipids and brain synapses.* It may enhance some brain cholinergic functions.* Uridine also supports the health and function of liver mitochondria.*

**Keep out of the reach of children.
Store in a cool, dry place. Do not refrigerate.**

* 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

Uridine

Supports Formation of Brain Synapses
and Neuronal Membranes*

Supports Liver Mitochondrial Function*

250 60 DIETARY
MILLIGRAMS CAPSULES SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Uridine 5'-Monophosphate Disodium Salt	250 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin (BSE-free). No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

APPROX.
FILL LINE

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