

Recommended Adult Intake: Adults should take one capsule three times daily as a dietary supplement or as suggested by a healthcare professional. Not for use by individuals under the age of 18 years.

Keep out of reach of children

Precaution: As with other supplements, if you are pregnant or nursing a baby, seek the advice of a healthcare professional before using this product. In case of accidental overdose, seek the advice of a healthcare professional or contact a Poison Control Center immediately.

Tamper-Evident Disclosure: Do not use this product if safety seal over bottle opening is torn, broken or missing.

Ingredients: choline bitartrate, L-methionine, inositol, dessicated liver, dessicated liver defatted, niacinamide, thiamine mononitrate, (Vit. B-1), riboflavin (Vit. B-2), pyridoxine hydrochloride (Vit. B-6), and cyanocobalamin (Vit. B-12)

Store product at room temperature.
Do not expose to excessive heat or moisture.



Methischol[®]

GENERIC

Nutrients.

Dietary Supplement

Contents: 90 Capsules

Distributed by:



Nutrition Facts

Serving Size: 1 Capsule

Servings Per Container: 90

Amount Per Capsule	% Daily Value	
Thiamine (Vitamin B-1)	3 mg	200
Riboflavin (Vitamin B-2)	3 mg	176
Niacinamide	10 mg	50
Vitamin B-6	2 mg	100
Vitamin B-12	2 mcg	33

Choline Bitartrate	240 mg	*
L-Methionine	110 mg	*
Inositol	83 mg	*
Dessicated liver	56 mg	*
Dessicated liver Defatted	30 mg	*

*Daily Value Not Established

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Other ingredients: Gelatin, Magnesium stearate, Silicon dioxide, FD&C Red#40 and FD&C Blue#1.

Distributed by:
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Lot#:
Exp. Date: