

Suggested Usage: Take 10 drops daily, with or without food. Can be mixed into water or your favorite beverage. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Consult healthcare professional prior to taking dietary supplement.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F).

Manufactured for & Distributed by:
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Lot#: I-1910
Exp Date: 09/09/2022

CALIFORNIA **GOLD** NUTRITION®

Choline Silica Complex

Bioavailable & Stabilized Silicon
(as OSA) with
Choline & L-Carnitine

1 fl. oz. (30 mL)
Dietary Supplement

Supplement Facts

Serving Size 10 Drops (Approx. 0.5 mL.)
Servings Per Container Approx. 60

	Amount Per Serving	%Daily Value
Choline (as Choline Chloride)	116 mg	21%
L-Carnitine	60 mg	†
Silicon (as Ortho Silicic Acid)	5 mg	†

† Daily Value (DV) not established

Other Ingredients: Purified Water and Potassium Chloride.

This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.