

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

# INOSITOL & CHOLINE

**800 MG • 100 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	
Inositol	400 mg
Choline (as bitartrate)	400 mg

†Daily Value not established.

Other ingredients: stearic acid, microcrystalline cellulose, modified cellulose gum, hydroxypropyl cellulose, silica, and magnesium stearate.

Inositol and choline are B vitamin-like compounds which have similar functions. Both are important components of phospholipids, which make up cellular and other biological membranes, and both play a role in healthy nerve function. Choline is an essential ingredient for the production of acetylcholine, a principal neurotransmitter, while phosphorus-containing compounds of inositol in nerve cells help regulate nerve impulses.\*

Suggested Use: 1 tablet daily.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. **Keep out of the reach of children.**

Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

**\*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.**

SN0492 REV H182-A

FG-96299 BEST IF USED BY 7 22

Manufactured for:  
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