

**Suggested Usage:** Take 1 capsule daily, preferably with a meal.

Choline and inositol are members of the B-vitamin family. Choline is necessary for normal synaptic transmission, brain health, and fatty acid metabolism in the liver.\* Inositol is also essential for brain and nervous system health.\* Both choline and inositol are essential components of all cell membranes.\*

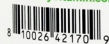
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Distributed by Lucky Health Group Inc.  
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[www.LuckyVitamin.com](http://www.LuckyVitamin.com)



1 YEAR  
happiness  
GUARANTEE

CAPSULE SIZE

**LUCKY  
VITAMIN**

# Choline & Inositol

- Supports Healthy Nerve Transmission\*
- Assists in Fatty Acid Metabolism\*

100 Veg Capsules

Dietary Supplement

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Choline (from Choline Bitartrate)	250 mg	45%
Inositol	250 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Non-GMO



LU0470C V1