

Recommended Dose: Take 2 tablets daily with a meal or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Stop use if allergy occurs. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



v4 **113-90U**
Manufactured for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com



GENESTRA
BRANDS®

Ichol

Dietary Supplement

Promotes healthy digestion†

90 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings per Container 45

	Amount Per Serving	% DV
Choline (as choline bitartrate)	550 mg	100%
Inositol	300 mg	*
L-Methionine	200 mg	*
Beet (<i>Beta vulgaris</i>) Root	100 mg	*
Dandelion (<i>Taraxacum officinale</i>) Root	50 mg	*
Milk Thistle (<i>Silybum marianum</i>) Seed Extract (25:1) 2500 mg Dried Equivalent	100 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, hyprolose, croscarmellose sodium, carnauba wax, silica, hypromellose, glycerin, ascorbyl palmitate