

USAGE: Take 1 capsule up to 2 times per day with food or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Citicoline (stabilized CDP Choline) is a naturally-occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (~25-30%)*. Citicoline supplementation supports brain energy metabolism, and has been shown in clinical research to support attention performance in healthy adults and adolescents.*

Keep out of the reach of children.
Store in a cool, dry place.

*** 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.**

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Lot #. Best Used Before:

Jarrow
FORMULAS®

Citicoline CDP Choline

Supports Brain Function
and Health*

250 MG

60 CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Citicoline	250 mg †
(from Stabilized Cytidine 5'-Diphosphocholine)	

† Daily Value (DV) not established.

Other Ingredients: Capsule (bovine gelatin [BSE free]), silicon dioxide, magnesium stearate (vegetable source) and cellulose.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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Cognizin®
Citicoline

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APPROX.
FILL LINE