

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

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications, consult your healthcare professional before using this product.

**Citicoline [stabilized CDP Choline]** (cytidine 5'diphosphocholine) is a naturally occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (30%).\* **Citicoline consumption promotes brain metabolism** by enhancing the synthesis of acetyl-choline, restoring phospholipid content in the brain, which positively affects memory and other brain activity.\*

**Keep out of the reach of children.**

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

# Citicoline CDP Choline

Supports Brain Function\*

Cognizin®  
Citicoline

250 | 120  
MILLIGRAMS CAPSULES DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule      Servings Per Container 120

Amount Per Serving	% DV
Citicoline (Cognizin®) (from stabilized cytidine 5'diphosphocholine)	250 mg * * Daily Value not established.

Other Ingredients: Silicon dioxide, magnesium stearate (vegetable source) and cellulose. Capsule consists of gelatin.

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

Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

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