

Suggested Use: Add 10 drops (Approx. 0.5 mL) to 4-8 ounces of water or your favorite beverage daily, with or without food. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Consult with a healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool dry place. Protect from heat, light, and moisture.

California Gold Nutrition® is a registered trademark of Madre Labs, LLC

Manufactured for: Madre Labs, LLC
301 North Lake Avenue, Suite 500, Pasadena, CA 91101
info@calgn.com | www.calgn.com

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CALIFORNIA **GOLD** NUTRITION®

Choline Silica Complex

Bioavailable & Stabilized Silicon
(as OSA) with
Choline & L-Carnitine

1 fl oz (30 mL)
Dietary Supplement

Supplement Facts

Serving Size 10 drops (Approx. 0.5 mL)
Servings Per Container About 60

	Amount Per Serving	%Daily Value
Choline (as Choline Chloride)	116 mg	21%
L-Carnitine	60 mg	†
Silicon (as Ortho Silicic Acid)	5 mg	†

† Daily Value not established.

Other Ingredients: Purified Water and Potassium Chloride.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.