

**Suggested Usage:** Take 10 drops (Approx. 0.5 mL) daily, with or without food. Can be mixed into water or your favorite beverage. 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. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F).**



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

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CALIFORNIA GOLD NUTRITION®

# Choline Silica Complex

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

2 fl oz (59 mL)  
Dietary Supplement

## Supplement Facts

Serving Size 10 drops (Approx. 0.5 mL)

Servings Per Container About 118

	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.

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