

Recommended Dose: Take 3 capsules daily, a few hours before or after taking medications or other supplements, 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. **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.



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

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v4 **115-90U**
Manufactured for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com



GENESTRA
BRANDS®

Ichol Plus

Dietary Supplement

Promotes healthy digestion†
Supports liver health†

90 CAPSULES

Supplement Facts

Serving Size 3 Capsules

Servings per Container 30

	Amount Per Serving	% DV
Choline (as choline bitartrate)	375 mg	68%
Inositol	300 mg	*
L-Methionine	225 mg	*
Ox (<i>Bos taurus</i>) Bile	225 mg	*
Milk Thistle (<i>Silybum marianum</i>) Seed Extract (25:1) 3750 mg Dried Equivalent	150 mg	*
Dandelion (<i>Taraxacum officinale</i>) Root	45 mg	*

* Daily Value (DV) not established

Other ingredients: Vegetarian capsule (hypromellose), hypromellose, ascorbyl palmitate, carnauba wax, silica