

For more information, please visit [integrativepro.com](http://integrativepro.com).

**Recommendation:** Adults take 1 or 2 capsules two times daily with meals, or as recommended by a healthcare professional.

**Caution:** If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use. Persons with allergies to plants of the *Asteraceae* (*Compositae*) family, including ragweed, should use this product with caution.

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Quatrefolic® is a registered trademark of Gnosis, S.p.A.  
U.S. Patent No. 7,947,662

Contains no wheat, gluten, soy, dairy, or artificial colors, or flavors.

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GREEN BAY, WI 54311 USA  
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\*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.



## LIPOTROPIC COMPLEX™

LIVER TRANSMETHYLATION SUPPORT\*

90 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Capsules

Servings per Container 45

Amount per Serving		% DV†
Calories	5	
Total Carbohydrate	<1 g	<1%†
Vitamin B6 (as pyridoxal-5'-phosphate)	25 mg	1,471%
Folate	100 mcg DFE (104 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	25%
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%
Choline (as choline bitartrate)	192 mg	35%
Magnesium (as magnesium oxide, aspartate)	34 mg	8%
L-Methionine	333 mg	**
Black Radish ( <i>Raphanus sativus niger</i> ) (root)	233 mg	**
Inositol	125 mg	**
Milk Thistle ( <i>Silybum marianum</i> ) (seed) Extract standardized to 40% silymarin	112 mg	**
Dandelion ( <i>Taraxacum officinale</i> ) (root) Extract	100 mg	**
Beet ( <i>Beta vulgaris</i> ) (root) Extract	32 mg	**
Ox Bile	25 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: gelatin (capsule), calcium laurate