

SUGGESTED USE: Adults take 1 capsule 1-2 times a day with food or as directed by your qualified healthcare professional.

Citicoline (stabilized CDP Choline) is a naturally-occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue.* Citicoline supplementation supports brain energy metabolism, and has been shown in clinical research to support attention performance in healthy adults and adolescents.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

*** 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.**

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

Jarrow
FORMULAS®

Cognizin®
Citicoline

Citicoline CDP Choline

BRAIN FUNCTION

250 MG

Supports brain health,
performance, and memory*

✓ non-gmo ✕ gluten free

120 CAPSULES
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Citicoline 250 mg †
(from Stabilized Cytidine 5'-Diphosphocholine)

† Daily Value (DV) not established.

APPROX.
FILL LINE

Other Ingredients: Capsule (bovine gelatin), silicon dioxide, magnesium stearate (vegetable source) and microcrystalline cellulose.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

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



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