

**Directions:** Adults take one tablet daily with meals, or as directed by a health care professional.

Choline is an important nutrient that can help the liver rid the body of excess fat. In doing so, it can also assist with detoxification of the liver, and thus, the whole body. Additionally, choline has been shown to be important for cognitive function.<sup>†</sup>

Store in a cool, dry place and away from direct light.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!



<sup>†</sup> These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**viva**<sup>™</sup>  
vitamins

**CHOLINE**

**500 MG**



Fat loss and liver support<sup>†</sup>

We always use the highest quality ingredients

premium formulas • 100 tablets • dietary supplement

## Supplement Facts

Servings Per Container: 100

Serving Size: 1 Tablet

	Amount Per Serving	%DV*
Choline (as Choline Bitartrate)	500 mg	90%

\*Percentage Daily Values based on a 2,000 Caloire diet.

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium.

**FREE of:** Gluten, sugar, salt, yeast, corn, wheat, dairy, citrus, egg, fish products, artificial coloring, flavoring or preservatives.

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For more information, visit [www.VivaVitamins.com](http://www.VivaVitamins.com)  
**MADE IN THE USA • In God We Trust • Non-GMO**  
Manufactured in an NSF - GMP Certified Facility