

USAGE: Take 1 capsule up to 2 times per day with food or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications, consult your healthcare professional before using this product.

Citicoline [stabilized CDP Choline] (cytidine 5'-diphosphocholine) is a naturally occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (30%).* **Citicoline consumption promotes brain metabolism** by enhancing the synthesis of acetyl-choline, restoring phospholipid content in the brain, which positively affects memory and other brain activity.*

Keep out of the reach of children.

* 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.

Jarrow
F O R M U L A S

Citicoline CDP Choline

Supports Brain Function*

Cognizin®
Citicoline

250

MILLIGRAMS

120

CAPSULES

DIETARY

SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule Servings Per Container 120

	Amount Per Serving	% DV
Citicoline (Cognizin®) (from stabilized cytidine 5'-diphosphocholine)	250 mg	*

* Daily Value not established.

Other Ingredients: Silicon dioxide, magnesium stearate (vegetable source) and cellulose. Capsule consists of gelatin.

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

Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

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Lot #. Best Used Before:

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