



choline & inositol

500mg

fat metabolism[▼]

vitamin
100 capsules
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	250 mg	*
Inositol	250 mg	*

* Daily Value not established.

Other ingredients: Gelatin, silicon dioxide, magnesium stearate, rice flour.

Does not contain: Yeast, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit

www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



learn more at
vsquality.net



Item No.
VS-1213
1041005