

Choline, a member of the B Complex, is a component of cell membranes and provides key support for optimal cellular function. It is involved in the chemistry of the brain, where it is used to synthesize acetylcholine, a critical neurotransmitter required for brain function. It also promotes normal fat metabolism and provides liver support.*

*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.

Carefully Manufactured by:
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SOLGB70830 00B



CHOLINE 350 MG

**SUPPORTS HEALTHY BRAIN
& CELLULAR FUNCTION***

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving

Choline	350 mg**
(as choline bitartrate)	

****Daily Value not established**

Other Ingredients: Vegetable Cellulose,
Vegetable Magnesium Stearate, Silica.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) to three (3) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

