

Choline and Inositol are members of the B Complex. They are components of cell membranes and play important roles in healthy cell growth and function. Choline and Inositol promote normal, healthy brain and nerve function and support energy metabolism. Choline is used to synthesize acetylcholine, a critical neuro-transmitter. It helps promote normal fat metabolism and supports liver health.*

*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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SOLGB70849 00B



CHOLINE/INOSITOL

500 MG/500 MG

(PER SERVING)

**ESSENTIAL FOR BRAIN
& NERVE FUNCTION***

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



50 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules

Servings per Container: 25

Amount Per Serving

Choline	500 mg**
(as choline bitartrate)	

Inositol	500 mg**
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****Daily Value not established**

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

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

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules twice daily, preferably at mealtimes, 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

