

**Suggested Usage:** Take 1 capsule daily, preferably with food.

Choline & Inositol are members of the B-vitamin family. Choline is necessary for normal synaptic transmission, brain health, and fatty acid metabolism in the liver.\* Inositol is also essential for brain and nervous system health.\* Both Choline and Inositol are essential components of all cell membranes.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0470 V2



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# Choline & Inositol

## 500 mg

**Nervous System Health\***

- Supports Healthy Nerve Transmission\*
- Assists in Fatty Acid Metabolism\*

### 100 Capsules

A Dietary Supplement

**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Capsule

### Amount Per Serving

|                                   |         |
|-----------------------------------|---------|
| Choline (from Choline Bitartrate) | 250 mg* |
| Inositol                          | 250 mg* |

\* Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

