

Recommended Adult Dose: Take three capsules daily, a few hours before or after taking other medications, supplements and food, or as recommended by your healthcare practitioner. **Risk information:** If you have liver, gastrointestinal tract or gallbladder disorder, and/or bowel obstruction, do not use. If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. Discontinue use if you develop symptoms of liver trouble. If you develop any of the following symptoms: nausea, vomiting, diarrhea, loss of appetite combined with itching, yellowing of the skin or eyes, dark urine, or experience rashes, discontinue use and consult your healthcare practitioner immediately. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, or dairy products. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Seroyal

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V1.0 **115**

BARCODE LOCATION
883196 13170



GENESTRA BRANDS

Ichol Plus

DIGESTIVE SUPPLEMENT

90 Vegetable Capsules

Supplement Facts

Serving Size 3 Capsules
Servings per Container 30

Each Serving Contains

Choline (choline bitartrate)	375 mg*
Inositol	300 mg*
L-Methionine	225 mg*
Ox (<i>Bos taurus</i>) Bile	225 mg*
Beet (<i>Beta vulgaris</i>) Root	75 mg*
Dandelion (<i>Taraxacum officinale</i>) Root	45 mg*
Green Tea (<i>Camellia sinensis</i>) Leaf/Shoot	45 mg*
Celandine (<i>Chelidonium majus</i>) Herb Extract (4:1) 180 mg Dried Equivalent	45 mg*

* Daily Value not established

Other ingredients: Hypromellose, magnesium stearate, silica, magnesium silicate