

In its natural state, choline is commonly found in whole eggs and fatty meats. If these are excluded from your diet, consider adding choline. It supports nerve development and the metabolism of cholesterol.**

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, CORN OR WHEAT
YES CERTIFIED VEGAN BY THE AVA	NO SOY, MILK OR SALT
YES RECYCLABLE PACKAGING	NO SUGAR OR PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER-PARVE	NO GMOs

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.



Dietary
Supplement

100 Tablets

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AUTHENTICITY • CLEANLINESS • FRESHNESS
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**Country[®]
Life**

CHOLINE

Certified Gluten-Free

- Supports nerve health**
- Supports metabolism of fats and cholesterol**

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Choline (from 650 mg of choline bitartrate)	293 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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