

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 v3



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Choline & Inositol

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	% Daily Value
Choline (from Choline Bitartrate)	250 mg	45%
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

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.

