

**USAGE:** Take 1 capsule up to 2 times per day with food or as directed by your qualified health care consultant.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications, consult your health care practitioner before using this product.

**Citicoline [stabilized CDP Choline** (cytidine 5'diphosphocholine)] is a naturally occurring intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (30%).\* **Citicoline consumption promotes brain metabolism** by enhancing the synthesis of acetyl-choline, restoring phospholipid content in the brain and affecting neuronal membrane excitability and osmolarity.\*

**Keep out of the reach of children.**

\* 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.

Cognizin® is a registered trademark of  
Kyowa Hakko Kogyo Co., Ltd.

Lot #. Best Used Before:

**Jarrow FORMULAS®**

# CITICOLINE

## CDP CHOLINE

**Promotes Brain Metabolism\***

Cognizin®  
Citicoline

**250 mg                      120 Capsules**  
**Dietary Supplement**

### Supplement Facts

Serving Size 1 Capsule      Servings Per Container 120

	Amount Per Serving	% DV
Citicoline (Cognizin® Brand) (from stabilized cytidine 5'diphosphocholine)	250 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation<sup>SM</sup>

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