

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®

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11311CDP120
PROD # 118014



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