



# choline

310mg

brain<sup>v</sup>

fat metabolism<sup>v</sup>

## vitamin

100 capsules  
dietary supplement

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

|                                    | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------|-----------------------|------------------|
| Choline<br>(as choline bitartrate) | 310 mg                | 60%              |

**Other ingredients:** Gelatin, rice flour, magnesium stearate, silicon dioxide.

**Does not contain:** Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken  
or missing.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

<sup>v</sup> 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.

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