

**SUPPLEMENT FACTS**

Serving Size: 2 Capsules  
Servings per Container: 50  
Amount Per Serving  
Choline (as Choline)

%Daily Value  
500 mg \*

# Signature Supplements



# CHOLINE

250 MG

**DIRECTIONS:** For adults, take one (1) to two (2) capsules daily, preferably with a meal.

Do not take this product within 2 hours of taking medications or follow the advice of your health care providers.

**WARNING:** Pregnant or lactating women should consult a doctor before using any product. Consult doctor before use if you have, or have had, kidney disease, if you are on a magnesium-restricted diet or if you are taking ANY MEDICATIONS OR REMEDIES such as those to treat high blood pressure, heart medications, muscle relaxants or diuretics. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort or low blood pressure.

**NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18**

\*Daily Value not Established

**Other Ingredients:** Vegetable Cellulose (capsule), and Diatomaceous Earth

**NO:** Chemical Fillers or Binders, Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, sugar, gluten, starch or wheat.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

Mfg. for Signature Supplements  
P.O. Box 1112, San Clemente, CA  
From a GMP Facility  
yoursignaturesupplements.com



USE BY: 12/15/2026