

Choline Liver Complex

With Vitamin B Complex and Milk Thistle Extract

Presentation

An oval light yellow tablet

Typically per tablet:

Thiamin	4.4mg
Riboflavin	2.8mg
Niacin	32mg
Vitamin B6	2.8mg
Folic Acid	400µg
Vitamin B12	10µg
Biotin	100µg
Pantothenic Acid	12mg
Choline	100mg
Inositol	50mg
Milk Thistle (as 100mg extract)	3000mg
Providing Silymarin	80mg

Tableted with:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum, Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8593



Uses

Choline contributes to the maintenance of normal liver function and our product provides a full 100mg per tablet.

We have also included milk thistle as a standardised extract from mature seeds, with a guaranteed level of 80mg silymarin. Silymarin is the active principle from the fruit of Milk Thistle (*Silybum marianum*). Milk thistle is one of the most extensively studied herbs in use today, and is widely recommended by practitioners.

To complete our formula, we had added the B vitamins which have many roles, including contributing to the release of energy from foods.

Our convenient one-a-day formula is suitable for vegetarians and vegans, and is made in the UK to GMP standards.

Usage & Administration

Take 1 tablet daily.

Allergen advice

None (see page 194)

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

