

Recommended Dose: Take 2 tablets daily with a meal or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Stop use if allergy occurs. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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v3 **113-90U**
Manufactured for
Seroyal USA
Pittsburgh, PA 15275
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GENESTRA
BRANDS®

Ichol

Dietary Supplement

Promotes healthy digestion†

90 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings per Container 45

	Amount Per Serving	% DV
Choline (as choline bitartrate)	550 mg	100%
Inositol	300 mg	*
L-Methionine	200 mg	*
Beet (<i>Beta vulgaris</i>) Root	100 mg	*
Dandelion (<i>Taraxacum officinale</i>) Root	50 mg	*
Milk Thistle (<i>Silybum marianum</i>) Seed Extract (25:1) 2500 mg Dried Equivalent	100 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, hypolose, croscarmellose sodium, carnauba wax, silica, hypromellose, glycerin, ascorbyl palmitate