

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin B12	100mcg	4167%
Magnesium <i>(from Mg. citrate and Mg. L-threonate)</i>	17mg	4%
Choline <i>(from Alpha GPC, CDP Choline & Choline Bitartrate)</i>	114mg	21%
Alpha GPC	125mg	†
CDP Choline	55mg	†
Choline Bitartrate	125mg	†
DMAE	10mg	†
L-theanine	20mg	†
Lion's Mane Mushroom Extract	100mg	†
Magnesium Citrate	150mg	†
Magnesium L-threonate (Magtein®)	100mg	†
Phosphatidylserine	75mg	†
Vitamin B12 (1%)	10mg	†

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. A diet of 2,000 calories per day is assumed for general nutrition advice.

† Daily value not established.

Other Ingredients: Gelatin (capsule), soy, microcrystalline cellulose.

Suggested Use: 1 or 2 capsules daily, preferably in divided doses. Start with 1 capsule daily. Do not attempt to swallow more than 1 capsule at a time.

Allergen: Contains soy.

WARNING: Consult your physician before use if you are taking any medications, are pregnant, nursing, or are under 18 years of age. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take NoolQ and operate heavy machinery until you know how it affects you. Do not attempt to swallow more than 1 capsule at a time. Keep out of the reach of children.

**NOOIQ IS AN
EXCELLENT SOURCE
OF CHOLINE, WITH
OVER 20% DV IN EACH
CAPSULE.**

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FDA



NIH

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.

Integrity Nootropics



NOOIQ

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