

Choline

2565

Please Copy for Your Patients

Choline Helps Your Body Metabolize Fats and Support Nervous System Function

Choline is an important 'vitamin-like' substance that makes up a large portion of all cell membranes and is necessary for the body to transport different fats in the bloodstream. It is especially known for its ability to help keep the liver free from fatty buildup. Choline is also a key component of two important elements of the nervous system, acetylcholine and sphingomyelin, both necessary for the normal functioning of the nervous system.†

How Choline Keeps You Healthy

Supports healthy nervous system function

Choline and calcium are needed to transmit nerve impulses from the brain throughout the central nervous system. Choline enhances brain function and memory.†

Keeps your heart and liver healthy

Fat is automatically transported out of the liver during the same process in which choline becomes lecithin. The primary function of choline is to metabolize fats throughout the body.†

Maintains cellular health

Choline furnishes an essential structural component of many biological membranes. Choline donates methyl groups that are necessary in order to synthesize other important compounds needed for various physiological processes.†



Introduced in:

1947

Content:

90 Tablets

Supplement Facts:

Serving Size: 1 tablet
Servings per Container: 90

		%DV
Calories	2	
Choline	180 mg	

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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What Makes Choline Unique

Unique Product Attributes

This is a vegetarian product

A supplement form of choline provides consistent bioavailability

- Choline levels vary considerably in food, making it difficult to determine the amount of choline actually available for utilization by the body†

Unique Processing

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Excellent source of choline.

Ingredients: Choline bitartrate, honey, and calcium stearate.

Suggested Use: One tablet per meal, or as directed.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Choline.

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