

# 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. Choline 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

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

**Supplement Facts:**

Serving Size: 1 tablet

Servings per Container: 90

	Amount per Serving	%DV
Calories	2	
Choline	175 mg	

**Ingredients:** Choline bitartrate, honey, and calcium stearate.

*Excellent source of choline.*

**Sold through health care professionals.**

### **Whole Food Philosophy**

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)

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



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## What Makes Choline Unique

### Product Attributes

#### 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\*

### Manufacturing and Quality-Control Processes

#### Degreed microbiologists and chemists in our on-site laboratories continually 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

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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