

NEW | MULTIVITAMINS, VITAMINS & MINERALS

Choline (bitartrate)

KEY VITAMIN TO SUPPORT HEALTHY METHYLATION, CELL FUNCTION AND NEUROTRANSMISSION, FOR AGES 4 AND UP[†]

Choline promotes optimal cellular function as a key building block for methylation. It also supports cognitive function and healthy hepatic fat metabolism.[†]

Our highly bioavailable formula provides 275 mg of choline.



Supports cognitive function[†]



Supports healthy hepatic fat metabolism[†]



Promotes optimal cellular function[†]

Formulated for individuals who are not getting **adequate choline** through their diet.



Supplement Facts

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

Serving size: 1 vegetarian capsule
Servings per container: 100

Each serving contains:

Choline (as choline bitartrate) 275 mg

Other ingredients: vegetarian capsule (cellulose, water), tri-magnesium citrate

Multivitamins, Vitamins & Minerals



NON
GMO

VEG

Choline (bitartrate)	Quantity	Order Code
	100	CLB1

PEOP-CLB1-0422NPNP

[†]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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encapsulations®

Choline (bitartrate)

Choline is an important nutrient for:

- Individuals who are **currently pregnant***
- Individuals who are **post-menopausal**
- Patients with **low dietary intake**
- Patients with **polymorphisms** in MTHFD1 or PEMT genes



The Science:

Choline is required for the synthesis of phospholipids and acetylcholine, a neurotransmitter involved in **attention, learning and memory**.^{1†}

Certain genetic variations in **MTHFD1 and PEMT**, enzymes that play critical roles in methylation and phosphatidylcholine synthesis, respectively, have been associated with increased dietary choline needs.²⁻⁴

Since the de novo synthesis of phosphatidylcholine requires the estrogen-inducible PEMT enzyme, **women with low estrogen levels** and/or certain SNPs in the PEMT gene have increased choline needs.⁵

Postmenopausal women with lower estrogen have higher dietary choline requirements because of reduced PEMT function.⁶

Choline requirements also increase during pregnancy.⁷ One clinical trial showed that women who consumed **480 mg of choline daily during pregnancy** had offspring with faster processing speed than those who did not.^{8†}

A randomized, double-blind, placebo-controlled trial suggests that higher intake of choline also promotes **healthy hepatic fat metabolism**.^{9†}

Order your supply at: PureEncapsulationsPro.com/Choline

REFERENCES

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*If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

†Visit PureEncapsulationsPro.com for more information on our GMO Policy.

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