

Choline Bitartrate
B Vitamin

DESCRIPTION

Choline Bitartrate, provided by Douglas Laboratories®, supplies 235 mg of choline from choline bitartrate in each capsule.

FUNCTIONS

While not a “true” vitamin, choline is an important, related nutrient to the B vitamin family. Choline serves not only as a methyl donor for homocysteine metabolism following conversion to betaine, but also as a structural component of cellular membranes as phosphatidylcholine and of the neurotransmitter acetylcholine. Dietary sources of choline include egg yolks, legumes and organ meats. High amounts can also be found in lecithin from soybeans.

INDICATIONS

Choline Bitartrate may be a useful dietary supplement for individuals wishing to increase their daily choline intake.

FORMULA (#7426)

1 capsule contains:

Choline (from 500 mg Choline Bitartrate)..... 235 mg

SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

For more information on Choline Bitartrate visit douglaslabs.com

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

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