



Choline-Inositol

- 250 mg Choline
- 250 mg Inositol

How do Choline and Inositol Work?

Choline (B4) and Inositol (B8) are part of the B-Complex vitamins, and they work best when used in conjunction with all of them. Choline functioning with Inositol as a basic constituent of Lecithin, is present in the body of all living cells, and is widely distributed in animal and plant tissue.

What are Choline and Inositol used for?

Choline and Inositol have been used by people experiencing fatigue and trouble sleeping. Some hormones in the brain depend on inositol to aid with proper function. These hormones promote a sense of well-being and happiness

Choline is not by strict definition a vitamin because the body can make it. It is, however, considered an essential nutrient because the body cannot make enough for optimal function. Most of the choline is used as phosphatidyl choline, which provides the structural integrity for all cells. A small amount is used to produce acetyl choline, which is involved in neural transmission. Many other choline-containing phospholipids are involved in cell signaling and gene activation. Phosphatidylcholine is required for the assembly of very low density lipo proteins (VLDL), which are required for fat transport. If there is a choline deficiency, phosphatidylcholine, fat and cholesterol accumulate in the liver causing Fatty Liver. If Folic, B6 and B12 are low, then choline becomes a very important as a source of methyl groups (CH3).

Choline deficiency is associated with an increased incidence of spontaneous liver cancer and increased sensitivity to carcinogenic chemicals.

The ageing brain has been shown to have decreased amounts of acetylcholine, B6, B12 and Folic Acid.

Inositol, like choline, can be made in the human body. While it is not essential, there are circumstances secondary to diet manipulation (low fat diets), surgery, and ageing where it must be supplied.

Its major use is the production of phosphatidyl inositol. Phosphatidyl Inositol is unusual in that it contain Stearic Acid in the sn1 position and arachidonic acid in the sn2 position. Both phosphatidyl inositol and arachidonic acid are decreased in the ageing brain. It has been suggested that both cognitive function and depression of aging are related to these decreased levels.

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Supplement Facts: Serving Size: 1 Tablet, Servings per Container: 100
Each tablet contains 250 mg Choline (Choline Bitartrate) and 250 mg Inositol

Suggested Use: One tablet daily or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

How Choline-Inositol is Supplied: VMCI bottles of 100 tablets



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*