



Cholife® is a stable,
high quality source of choline.

Choline is an essential vitamin-like nutrient,
with a wide range of crucial functions
through all life stages. Deficiency can have
an enormous impact on our health.

WHY DO YOU NEED CHOLINE ?

Liver health & lipid metabolism

Fats and cholesterol accumulate
in our liver in the form of
lipoproteins. Choline transports
these lipoproteins out of the
liver, supporting normal lipid
metabolism and preventing
fatty liver disease.

Pre- and post-natal health

Choline is an essential building
block for cell membranes.
During pregnancy and
lactation, mothers require
sufficient choline intake to
ensure proper fetal and child
brain development.
Hence, baby food is
fortified with choline.

Brain health

Choline is required for the
synthesis of acetylcholine, a
neurotransmitter that acts as a
messenger, allowing messages to
be faster transferred in the brain.
Acetylcholine circulates signals to
the right part of our body and is
involved in memory maturation,
control of muscles and other
functions, such as learning,
alertness and attention.

Heart health

Choline regulates homocysteine
reduction. Elevated levels of
homocysteine are known to
increase the risk of cardiovascular
disease and thrombosis. Choline
ensures a good heart condition
due to the conversion of
homocysteine in methionine.

Sport performance

During exercise, it is important
that brain and muscles
communicate well. As choline is
the precursor of acetylcholine,
it helps to transmit signals from
brain to muscles, allowing our
muscles to activate.

For more information, technical service
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