

Intake recommendations of choline

Choline is a vitamin-like nutrient, officially recognized by the Institute of Medicine as an essential ingredient since 1998. Because of choline's vital functions in the human metabolism, deficiency can have an enormous impact on our health. Studies show that around 90% of the population does not get enough choline in their diet. The EFSA and US FDA have published the following daily reference intakes for choline.

EFSA and FDA dietary reference values

● pregnant women

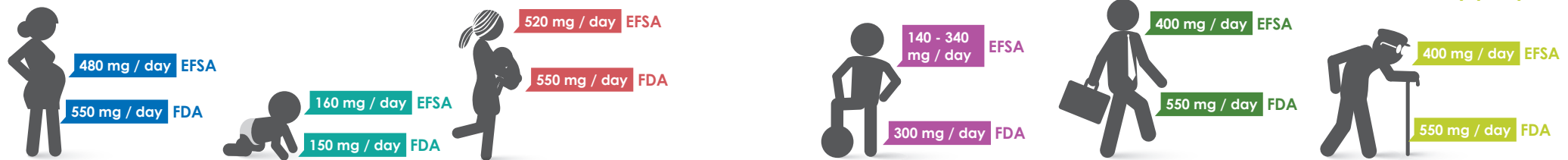
● infants

● lactating women

● children

● adults & adolescents

● elderly people



WHY CHOLIFE®?

1. **Branded** range of different choline salts
2. Highest **quality** standards
3. **Compatible** with other nutrients
4. Water soluble, bio available and stable
5. Label **claims** officially recognized by EFSA and FDA
6. Easily **dosed**



For more information, technical service or price requests, please contact us at questions@azingro.com

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