

CDP-Choline Caps

250 mg, 60 capsules

Item Catalog Number: 00390

Choline is a substance needed by the brain to produce acetylcholine, a major brain/motor neuron neurotransmitter that facilitates the transmission of impulses between neurons.^{124,125}

The importance of choline for maintaining health in adults has been recognized for some time, but recent research points to its critical role in brain development.¹²⁶⁻¹²⁸

CDP-choline stands for cytidine-5-diphosphocholine. This unique form of choline readily passes through the blood-brain barrier (BBB) directly into the brain tissue.^{129,130} Once past the blood-brain barrier, CDP-choline activates the synthesis of critical components in cell membranes, enhances cerebral energy metabolism and increases levels of various neurotransmitters.¹²¹

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

CDP-Choline (Cytidine-5'-diphosphate choline†)

250 mg

Other ingredients: rice flour, vegetable stearate, silica, gelatin, purified water.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

† pharmaceutical grade Elemental Choline 51.25 mg per capsule

Cognizin® is a registered trademark of Kyowa Hakko Kogyo Co., Ltd.

Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.