

SJL: New Iron C+ Gummy, now available!

PVT: Support for optimal iron status!‡

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MULTIVITAMINS, VITAMINS & MINERALS

Introducing Iron C+ Gummy

A versatile essential nutrient

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Iron C+ Gummy promotes optimal cellular function as a key building block for methylation. It also supports cognitive function and healthy hepatic fat metabolism.‡

Our formula offers **275 mg** of choline as the highly bioavailable and researched choline bitartrate form.

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Additional Benefits



Supports cognitive function‡



Supports healthy hepatic fat metabolism‡



Promotes optimal cellular function‡

Choline is an important nutrient for:

- Individuals who are **currently pregnant***
- Individuals who are **post-menopausal**
- Patients with **low dietary intake**
- Patients with **polymorphisms** in MTHFD1 or PEMT genes

Backed by Science

While long considered a non-essential vitamin, recent evidence confirms that the body cannot synthesize enough choline to meet daily needs. This has prompted the National Academy of Science to create a daily value for choline of 550 mg. Dietary intake of choline is often below this level.¹

- Choline is an important nutrient for methylation, cell membrane structure and neurotransmission, as well as lipid metabolism and transport.^{2‡}
- Choline is required for the synthesis of phospholipids and acetylcholine, a neurotransmitter involved in attention, learning and memory.^{3‡}
- Postmenopausal women with lower estrogen have higher dietary choline requirements because of reduced PEMT function.^{4‡}
- A randomized, double-blind, placebo-controlled trial suggests that higher intakes of choline also promote healthy hepatic fat metabolism.⁵



Enjoy **10% off + FREE SHIPPING** on your next order**

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*If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.



SUSTAINABLE GOODNESS.
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**Valid on orders placed by healthcare professionals in the US only. Offer is cumulative with volume discounts and expires 6/1/2022 at 11:59 p.m. PT. Cannot be combined with other promotions or used on previous orders, exclusions may apply. One-time use and valid when you purchase Choline (bitartrate). Free standard shipping will become available at checkout.

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

1. Wiedeman AM, et al. *Nutrients*. 2018 Oct; 10(10):1513.
2. Glier MB, et al. *Mol Nutr Food Res*. 2014 Jan;58(1):172-82.
3. Zeisel SH. *J Am Coll Nutr*. 2000;19:528S-31S.
4. Fischer LM, et al. *Am J Clin Nutr*. 2010 Nov; 92(5): 1113–1119.
5. Guerrero AL, et al. *Am J Clin Nutr*. 2012;95(4):892-900.

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