

MULTIVITAMINS, VITAMINS & MINERALS

Introducing Iron C+ Gummy

A versatile essential nutrient

BUY NOW >>



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

bioavailable and researched choline bitartrate form.

Our formula offers 275 mg of choline as the highly

LEARN MORE >>

Additional Benefits



function[‡]



hepatic fat metabolism[‡]



cellular function[‡]

Individuals who are currently pregnant*

Choline is an important nutrient for:

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

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

Backed by Science

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

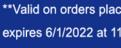
healthy hepatic fat metabolism.⁵



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diagnose, treat, cure or prevent any disease.



SUSTAINABLE

GOODNESS.

Learn more

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. Guerrerio AL, et al. Am J Clin Nutr. 2012;95(4):892-900.
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