



Choline Max

UNIQUE LIQUID PERFORMANCE-ENHANCING
FORMULA FOR BODY AND MIND

ONLY ACTIVATED FORMULA
INCREASES CELLULAR
ENERGY PRODUCTION



CHOLINE MAX GETS THE JOB DONE

Only Choline Max combines both choline and citrate. This is important because citrate activates choline as it energizes and alkalizes the cell. **Choline Max replenishes choline stores quickly and effectively,** improving endurance and performance.*

Choline Max comes in a liquid form to guarantee optimum absorption and purity. The commonly used form of choline, choline bitartrate, contains cornstarch and may contain reactive or irritant antigens. **Choline Max** is contaminant free, more bioavailable than tablets or capsules and convenient.*

Choline Max has an important mission. Choline citrate can increase magnesium uptake. No other form of choline has this benefit. **Choline Max** is essential for people who have a block in the primary calcium-magnesium ATPase uptake system, such as individuals with chronic fatigue syndrome or fibromyalgia.

This is the pathway that creates energy and takes magnesium into cells. The caveat is that the pathway requires adequate energy to work efficiently. When stress or illness compromises the immune system, and when diet, toxins, or immune reactions cause excess cellular acidity (metabolic acidosis), magnesium uptake cannot take place, and this important pathway is impaired. **Bypassing the energy pathway, Choline Max and Magnesium Power together create a neutral charge to carry magnesium effortlessly through the cell membrane.***

Those who take magnesium but still show signs of magnesium deficiency need **Choline Max**. Cramps, muscle twitches, and spasms that persist even when magnesium is supplied indicate uptake impairment. **Choline Max is specifically designed to facilitate magnesium uptake for everyone.***

ACTIVATED CHOLINE HAS OTHER UNIQUE BENEFITS

- Athletes in particular can benefit from choline citrate supplementation. Neurotransmitters that are dependent upon choline, such as acetylcholine, can affect physical performance. Studies demonstrate that exercise significantly reduces choline levels.*
- **Choline citrate can increase energy** for individuals who fatigue easily.*
- Choline is necessary for the proper transport and metabolism of fats. Without choline, fat accumulates in the liver. Choline Citrate increases bile acid production for gall bladder health and supports weight loss.*
- **Choline Citrate enhances liver detoxification**, helping it remove toxic waste products from the bloodstream.*
- **Choline is essential for transmission of nerve impulses and memory function.** Studies indicate that choline deficiency is linked to neurological disorders, including Parkinson's disease and Alzheimer's disease.

CHOLINE CITRATE FOR BODY AND MIND

In a recent study, researchers examined random, placebo-controlled trials of choline deficiency in cognitive disorders. The reviewers found that choline had significant beneficial effects on memory function and behavior. In another study, researchers found that choline supplementation improved subjects' memory, especially in Alzheimer's patients.*

Choline helps the body as well as the mind. Studies show that in trained athletes, physical exertion can deplete choline stores by as much as 40%. In one such study, researchers concluded that "the reductions in plasma choline associated with strenuous exercise may reduce acetylcholine release, and could thereby affect endurance or performance."*

REFERENCES

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CONCENTRATED FORMULA MUST BE DILUTED IN JUICE OR WATER

Directions: As a dietary supplement, take one (1) teaspoon in juice or water or as directed by your health professional.

SUPPLEMENT FACTS

Serving size: 1 Teaspoon

Servings per container: 47

	Amount per serving	% Daily Value
Energized Nutrients		
Choline (as Choline Citrate).....	650 mg.	118
Glycerin (vegetable).....	1,300 mg.	*

*Daily value not established

Other Ingredients: None

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