

FAST FACTS

Choline

An essential nutrient

What

Choline is an essential nutrient that plays a vital role in many physiological functions, including brain development, methylation, liver function, and muscle movement.

Although the body can produce small amounts of choline, most of it must come from dietary sources such as eggs, liver, and certain vegetables.

How it works

Choline is essential for brain and nervous system health, supporting cognitive function and memory formation. It's also important for liver health, as it helps to transport fats and prevent fat build-up in the liver.

As a precursor to the methyl donor betaine, choline plays an important role in methylation.

It is a key component of phosphatidylcholine, which is required for building cell membranes, and acetylcholine, a neurotransmitter important for memory and muscle control.

Additionally, choline plays a role in reducing inflammation and promoting overall cellular health, making it an important nutrient for individuals interested in health optimisation.

Food sources

Eggs (particularly the yolks), liver, beef, chicken, and fish. Plant-based sources include soybeans, broccoli, and Brussels sprouts.

Testing

Choline is difficult to test for, but there are some important genes that will determine your choline needs, including PEMT and MTHFD1.



Pros

- Brain health and cognition
- Nervous system health
- Liver health
- Cellular health
- Inflammation reduction
- Optimal methylation function

Considerations

- Balance with other nutrients: Choline works in conjunction with other nutrients like folate and B12 for proper methylation and detoxification, so it's important to maintain a balanced intake of these nutrients.
- Note there are different types of choline for supplementation. Ask your practitioner which will best suit you.
- For individuals who do not consume enough choline through diet, supplementation with choline or phosphatidylcholine may be beneficial. This is especially important for pregnant women and individuals with higher choline demands.