



# Choline Bitartrate

*Brain and Liver Health Support*

Overall Effectiveness: 8/10    Impact on Mitochondria: 7/10

Supplement Essentials	Usage Guidelines	Insights
<p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>Supports brain health by aiding in neurotransmitter production (acetylcholine).</li> <li>Promotes liver health by preventing fat accumulation.</li> <li>Enhances memory, focus, and cognitive function.</li> <li>Supports prenatal development by aiding in fetal brain and spinal cord formation.</li> </ul> <p><b>Recommended Dose:</b></p> <ul style="list-style-type: none"> <li>Adults: 250-500 mg daily.</li> </ul> <p><b>Upper Limit:</b></p> <ul style="list-style-type: none"> <li>Safe up to 3,500 mg daily. Higher doses may cause body odor, sweating, or gastrointestinal discomfort.</li> </ul> <p><b>Parts of the Human Anatomy That Benefit:</b></p> <ul style="list-style-type: none"> <li>Brain, liver, nervous system, and cardiovascular system.</li> </ul>	<p><b>Time of Day to Take:</b></p> <ul style="list-style-type: none"> <li>Morning or early afternoon to support cognitive performance throughout the day.</li> </ul> <p><b>With or Without Food:</b></p> <ul style="list-style-type: none"> <li>Best taken with meals to improve absorption and reduce potential gastrointestinal side effects.</li> </ul> <p><b>Solubility:</b></p> <ul style="list-style-type: none"> <li>Water-soluble; easily absorbed and metabolized.</li> </ul> <p><b>Bioavailability:</b></p> <ul style="list-style-type: none"> <li>Moderate; may vary depending on the individual. For enhanced effects, consider stacking with other nootropics like Alpha-GPC or CDP-choline.</li> </ul> <p><b>Interactions &amp; Contraindications:</b></p> <ul style="list-style-type: none"> <li>May interact with anticholinergic medications or blood thinners. Consult a healthcare provider if pregnant, nursing, or taking other medications.</li> </ul>	<p><b>Target Audience:</b></p> <ul style="list-style-type: none"> <li>Ideal for individuals looking to improve cognitive function, athletes for muscle performance, or pregnant women for fetal brain development.</li> </ul> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>Rare; may include nausea, sweating, or fishy body odor at higher doses.</li> </ul> <p><b>Duration of Use:</b></p> <ul style="list-style-type: none"> <li>Safe for long-term daily use within recommended doses.</li> </ul> <p><b>Cost and Accessibility:</b></p> <ul style="list-style-type: none"> <li>\$10-\$25 per bottle (60-120 capsules) or powder form; widely available online and in health stores.</li> </ul> <p><b>Flavor or Texture:</b></p> <ul style="list-style-type: none"> <li>Powders may have a mild, slightly sour taste; capsules are tasteless.</li> </ul>
<p><b>Scientific Evidence:</b></p> <ul style="list-style-type: none"> <li>Well-supported for its role in brain health and liver function. Studies emphasize its importance in preventing cognitive decline and supporting prenatal health.</li> </ul> <p><b>Sustainability and Ethics:</b></p> <ul style="list-style-type: none"> <li>Typically synthetically produced; ensure third-party testing for quality assurance.</li> </ul> <p><b>Recent Research and Trends:</b></p> <ul style="list-style-type: none"> <li>Increasing interest in choline as a nootropic, especially in conjunction with racetams, and its role in addressing fatty liver disease.</li> </ul>		

**Disclaimer:** Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).