

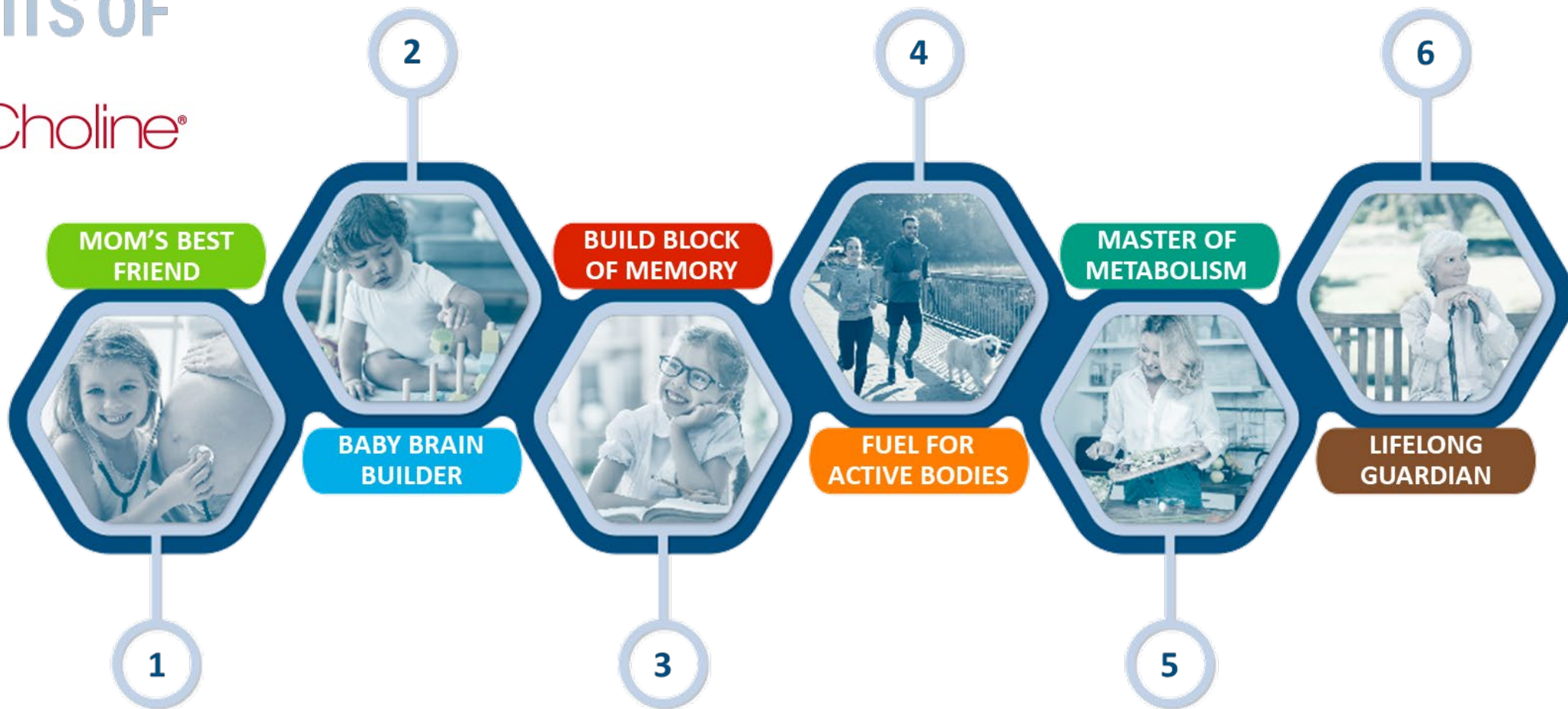
# BENEFITS OF



Early childhood is a time of rapid changes in the brain and choline supports brain development to help **expand young minds.**

Choline promotes energy metabolism and helps the brain send messages to the muscles for **improved endurance and focus.**

Choline is part of the **brain's lifelong messaging system** and helps to preserve normal cognitive function as we age.



During pregnancy, choline passes from mom to her growing baby, building the **foundation of a better brain.**

Choline helps the brain process and store memories, which is important **for learning and retaining knowledge.**

By **moving fats out of the liver** for conversion to energy, choline helps keep this vital organ healthy and working normally.