



# L+ Choline Bitartrate

Version 1.1

Revision Date 07/01/2016

Name: L+ Choline Bitartrate  
Chemical name: (2-hydroxyethyl)  
trimethylammonium-L-(+)-tartrate salt

CAS No.: 87-67-2

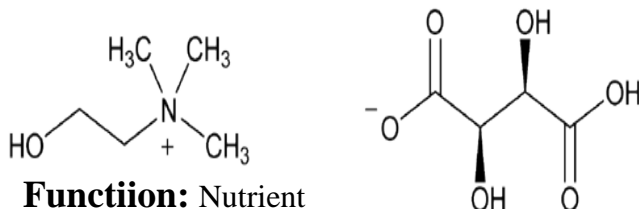
EINECS: 201-763-4

FAO/WHO INS: 1001(v)

Molecular Formula:  $C_9H_{19}NO_7$ 

Molecular Weight: 253.25

Chemical Structure:

**Function:** Nutrient

## Physical/Chemical characteristics

Appearance: White crystalline powder

Odor: odorless or faint characteristic odor

Melting point: 151-153 °C

Bulk density: 0.7-0.85g/mL

Solubility: 122/100g, water 25 °C

## Product specification\*

Assay: min 98.0% d.s.

pH(10% solution): 3.0-4.0

Loss on drying: max 0.5%

Residue on ignition: max 0.1%

\*Only selected data is represented here, for a full set of specifications we refer to our Specifications sheet.

## Applications

Choline bitartrate is formed when choline is combined with tartaric acid. This increases its bioavailability, making it easier to absorb and more effective. Choline bitartrate is one of the more popular choline sources as it is more economical than other choline sources. It is considered a cholinergic compound as it increases levels of acetylcholine within the brain.

It is used in many fields like:

- Maintain a healthy balance of choline.
- Pharmaceutical uses: Hepatic protector and anti-stress preparations.
- Multivitamin complexes, and energy and sport drinks ingredient.

## Potential benefits

- Accelerates synthesis of Acetylcholine to produce neurotransmitters essential for good emotional and mental health.
- Choline also helps to prevent the accumulation of fats in your liver.
- Choline helps facilitate the removal of waste and toxins from your body
- An effective weight-loss supplement because it can help your body break down fat.

## Usage

Contains 41.1% of choline cation.

Please refer to Dietary Reference Intakes (DRIs) for Choline, be established by the local food regulations, as legislation regarding its use in food may vary from country to country. The recommended dosage of choline bitartrate is 500mg once per day.

## Special Precautions & Warnings:

It can cause upset stomachs, and at higher doses may cause headaches, difficulty focusing, and even depression. To that effect, make sure you're taking the right amount of choline bitartrate.

## Safety and Regulatory

The product meets the specifications laid down by the FAO/WHO, the EU regulation on food additives, USP and the US Food Chemical Codex.

Choline Bitartrate is from chemically synthesized, and it is lactose free and gluten

free, Non-GMO, Non-ETO; it does not contain any animal derived ingredients, it is BSE/TSE free.

## Certifications and statements

KOSHER, HALAL certified

## Shelf life

Two year from date of manufacture when stored in original packaging.

## Storage conditions

Store in the original sealed container in a cool and dry place out of direct sunlight.

## Packaging

25 kg fiber drums with two polyethylene inner bag or as per your request.

## Further information

The tolerances are given in the product specification sheet. Further safety information is provided in our Material Safety Data Sheet.



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