

*Cognitive & Alkalinizing*

**PERQUE®**

**Choline Citrate™**

UNIQUE LIQUID PERFORMANCE-ENHANCING  
FORMULA FOR BODY AND MIND



#### PERQUE CHOLINE CITRATE GETS THE JOB DONE

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

**PERQUE Choline Citrate** 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 irritative antigens. **PERQUE Choline Citrate** is contaminant free, more bioavailable than tablets or capsules and convenient.\*

Choline Citrate has an important mission. **PERQUE Choline Citrate** can increase magnesium uptake. No other form of choline has this benefit. **PERQUE Choline Citrate** 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, PERQUE Choline Citrate and PERQUE Mg Plus Guard™ 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 **PERQUE Choline Citrate**. Cramps, muscle twitches, and spasms that persist even when magnesium is supplied indicate uptake impairment. **PERQUE Choline Citrate is specifically designed to facilitate magnesium uptake for everyone.\***

*Feel the **PERQUE** Difference!*

## ACTIVATED CHOLINE HAS OTHER UNIQUE BENEFITS

- Athletes in particular can benefit from **PERQUE Choline Citrate** supplementation. Neurotransmitters that are dependent upon choline, such as acetylcholine, can affect physical performance. Studies demonstrate that exercise significantly reduces choline levels.\*
- **PERQUE 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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2. Canty DJ, Zeisel SH: Lecithin and choline in human health and disease. *Nutr Reviews* 1994; 52: 327- 339.
3. Zeisel SH. Choline: needed for normal development of memory. *J Am Coll Nutr* 2000 Oct; 19 (5 Suppl):528S-531S.
4. Zeisel SH. Choline: critical role during fetal development and dietary requirements in adults. *Ann Rev Nutr* 2006;26:229-50.
5. Spector SA, Jackman MR, Sabounjian LA, Sakas C, Landers DM, Willis VVT: Effect of choline supplementation on fatigue in trained cyclists. *Med Sci Sports Exerc* 1995 May; 27(5): 668-73.
6. Conlay LA, Sabounjian LA, Wurtman RJ: Exercise and neuromodulators: choline and acetylcholine in marathon runners. *Int J Sports Med* 1992 Oct; 13 Suppl 1:S141-2.
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Full disclosure label  
(no hidden or inactive ingredients)

**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

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

\*Daily value not established

Other Ingredients: None

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## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Choline Citrate** comes with a 100%, unconditional, money-back guarantee – the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products — no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- Unique post-production assays and clinical bioassays assure product integrity.

## YOUR QUALITY ASSURANCE

Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.



Feel the **PERQUE** Difference!

\*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.

**PERQUE**

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