


Premium Brain Function Supplement – Memory, Focus, Clarity – Nootropic Booster with...

1,426


\$19.95



Organic Lions Mane Mushroom Capsules - 2100 mg Max Capsule Dose + Absorption...

138


\$21.95



(3 Pack) Brain Support Nootropic Supplement, Memory, Alertness, Brain Health, Brain...

71


\$29.99



Nutricost CDP Choline (Citicoline) 300mg, 60 Veggie Capsules - Non-GMO, Vegan Frien...

8

\$16.95



Vegan Omega 3 - Better Than Fish Oil! Plant Based Algae DHA EPA DPA Supplement. Su...

194

\$21.97

Ad feedback

What other items do customers buy after viewing this item?



Nature's Way Choline and Inositol, 500mg, 100 Capsules

133

\$11.32



Best Choline Bitartrate 650 mg 200 Veggie Capsules (Non-GMO & Gluten Free) Enhance Cognitive Function & Mental Focus, Prenatal Infant Brain Development - 100% Money Back Guarantee Order Risk Free!

22

\$12.99



Alpha GPC Choline Supplement (Beginner Nootropic for Brain Support, Focus, Memory, Motivation, and Energy) Pharmaceutical Grade, Made in USA (60 Capsules 300mg)

1,273

\$19.85



Douglas Laboratories - Choline Bitartrate - Supports Liver, Memory, and Mood* - 100 Capsules

25

\$15.40

Special offers and product promotions

- ★ Receive 2 of Nested Naturals Vitamin D3 FREE with your purchase ★ Enter code 65LJODJZ at checkout. [Here's how](#) (restrictions apply)
- Your cost could be \$0.00 instead of \$18.95!** Get a **\$50 Amazon.com Gift Card** instantly upon approval for the **Amazon Rewards Visa Card** [Apply now](#)

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Find answers in product info, Q&As, reviews

Product Description

Nested Naturals Choline: Brain Booster for Babies-to-Be and Grown-Ups



For Optimal Memory, Cognitive Function and Anti-Aging Protections

Choline is a rising star nutrient that is related to the B-vitamin family. First discovered in 1862, during the presidency of Abraham Lincoln and the first run of the hipster beard, it wasn't classified as an essential nutrient until very recently.

Choline is that barely remembered kid from elementary school who wins a Nobel Prize while you are sipping margaritas by the pool in your retirement village. You can't help but wonder what other genius you have missed.

Speaking of genius, we like to think of Choline as the smarty pants nutrient. It's necessary to keep your brain firing on all cylinders. Choline is a cousin of the B-vitamin family, and is beneficial for keeping your brain mentally sharp and focused, as well as maintaining proper brain health. Choline also can help to support a well balanced diet during pregnancy to promote normal prenatal development and growth.

Nested Naturals Choline is made from 500 mgs of pure L+ bitartrate, a natural byproduct of wine. Entirely vegan, food-based and non-GMO, it's formulated to provide the FDA's recommended daily intake for adults.

Critical for Brain Development & Memory Support



Prenatal Support

Choline supplementation can help to support a well balanced diet during pregnancy to promote normal development and growth.

Support a Healthy Memory

The nervous system utilizes choline to help maintain synapse function and overall brain health. Choline supplementation and a well-balanced diet may help to maintain normal memory function.

Cardiovascular and Liver Health

Fat and cholesterol don't dissolve in blood; choline helps move these molecules smoothly through blood vessels and the liver.

Nutrition that is 100% Naturally Sourced, Non-GMO & Food-Based



Naturally Sourced, Non-GMO & Food-Based

We are relentless about sourcing the best, most naturally sourced, most ethically produced ingredients available. Our choline is attached to L+ Bitartrate, a byproduct of wine. It's easier for the body to use than synthetically produced choline supplements.

Cruelty-free and Vegan

We've made a conscious choice to make our Choline 100% vegan. We're proud to make our capsules from vegetables rather than gelatin produced from animal bones and marrow.

Socially Conscious

We are big believers in sustainability and strive to make choices that are good for people and the planet. Every product you purchase from us helps improve the nutrition of a woman or child in need through our partnership with Vitamin Angels.

Our Promise



Know What You're Getting

You can count on seeing all of the ingredients needed to create our supplements right on the label. We third-party test to ensure you're getting all the good stuff.



Research-Backed Supplements

Each formula is designed and backed by strong peer-reviewed scientific research. All ingredients meet our high quality standards: non-GMO and clear of untested ingredients.



5-Star Customer Experience

We aim beyond expectations when it comes to friendliness and responsiveness. If you're not satisfied, we'll do right by you. We want every interaction to end with smiles.

Product details

Product Dimensions: 2.9 x 2.9 x 5.1 inches

Shipping Weight: 3.2 ounces ([View shipping rates and policies](#))

ASIN: B01A9WLFZC

UPC: 646437671712

California residents: [Click here](#) for Proposition 65 warning.

Average Customer Review: [436 customer reviews](#)

Amazon Best Sellers Rank: #9,317 in Health & Household ([See Top 100 in Health & Household](#))
#9 in [Choline Vitamin Supplements](#)

Product Warranty: For warranty information about this product, please [click here](#)

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Important information

Safety Information

Always consult your physician or licensed qualified healthcare professional before using this product. Human variation allows each of us to be unique but unfortunately this means that one's health care must also be unique. What one may find helpful, another may not notice at all, and yet another may find overwhelming. This product has GRAS (Generally Recognized as Safe) designation by the FDA, but if you are typically sensitive to other supplements, drugs, foods, etc., please keep that in mind when taking Nested Naturals products and err on the side of caution. Furthermore, substances can have adverse side effects when taken with particular health issues or when used in combination with other substances. Your doctor will have your extensive medical health history as well as knowledge of what other substances you are consuming. Your doctor will know best if this product is right for you, and if so what dosage is likely to procure the best results. Your health and well-being is important to us and we are happy you chose Nested Naturals!

Legal Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure, or prevent any disease. Use only as directed. Consult your physician before use if you are pregnant or nursing, have a serious medical condition, or use prescription medications. For adult use only.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

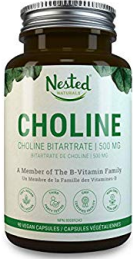


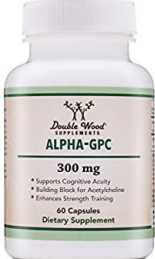
Ingredients

Choline (as choline bitartrate) (VitaCholine) 550mg, Plant Cellulose

Directions

Take 2 vegan capsules daily with water.

Compare with similar items

<div><div></div><div><p>This item CHOLINE BITARTRATE 500 mg 90 Vegan Capsules Promotes Healthy Cognitive Function, Mental Focus & Memory Prenatal Infant Brain Development Supplement Cardiovascular Health Booster 100% Non GMO</p><div>Add to Cart</div></div></div> <div><div></div><div><p>Best Choline Bitartrate 650 mg 200 Veggie Capsules (Non-GMO & Gluten Free) Enhance Cognitive Function & Mental Focus, Prenatal Infant Brain Development - 100% Money Back Guarantee Order Risk Free!</p><div>Add to Cart</div></div></div> <div><div></div><div><p>Nature's Way Choline and Inositol, 500mg, 100 Capsules</p><div>Add to Cart</div></div></div> <div><div></div><div><p>Alpha GPC Choline Supplement (Beginner Nootropic for Brain Support, Focus, Memory, Motivation, and Energy) Pharmaceutical Grade, Made in USA (60 Capsules 300mg)</p><div>Add to Cart</div></div></div>				
Customer Rating	(436)	(22)	(133)	(1273)
Price	\$18 ⁹⁵	\$12 ⁹⁹	\$11 ³²	\$19 ⁸⁵
Shipping	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25
Sold By	Nested Naturals	NusaPure	Amazon.com	Double Wood LLC
Directions	Take 2 vegan capsules daily with water.	For adults, take two (2) capsule daily, preferably with a meal.	Take two capsules daily, preferably with food.	Take 1-2 capsules (300-600mg) per day (with food) to support cholinergic brain function and enhance cognitive function.
Item Dimensions	2.87 x 2.87 x 5.12 in	5 x 3 x 3 in	6 x 5 x 4 in	1.5 x 2 x 3.13 in
Item Form	—	capsules	Capsules	—
Safety Warning	Always consult your physician or licensed qualified healthcare professional before using this product. Human variation allows each of us to be unique but unfortunately this means that one's health care must also be unique. What one may find helpful, another may not notice	If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.	This product is labelled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling and allergen warnings	Consult your physician before using this product. Do not consume more than 4 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse

at all, and yet another may find overwhelming. This product has GRAS (Generally Recognized as Safe) designation by the FDA, but if you are typically sensitive to other supplements, drugs, foods, etc., please keep that in mind when taking Nested Naturals products and err on the side of caution. Furthermore, substances can have adverse side effects when taken with particular health issues or when used in combination with other substances. Your doctor will have your extensive medical health history as well as knowledge of what other substances you are consuming. Your doctor will know best if this product is right for you, and if so what dosage is likely to procure the best results. Your health and well-being is important to us and we are happy you chose Nested Naturals!

reactions occur. Do not take Alpha GPC and operate any heavy machinery until you know how it affects you. Keep out of reach of children. Do NOT take if you have a Soy Allergy. Side effects include fatigue, headaches, nervousness, nausea, diarrhea, and GI problems.

Sponsored products related to this item



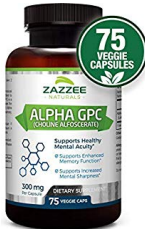
Best Naturals Choline Bitartrate 650 mg (Non-GMO) for Healthy Cognitive Brain Funct...
52
\$12.99



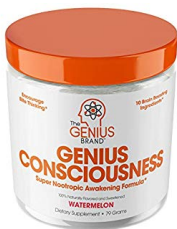
Douglas Laboratories - Choline Bitartrate - Supports Liver, Memory, and Mood* - 100...
25
\$15.40



Amazing Formulas Choline Bitartrate - 650 MG, 180 Tablets - Supports Nerve & Brain ...
13
\$11.80



Alpha GPC Choline | 75 Veggie Capsules | 600 mg per Serving | Pharmaceutical Grade ...
48
\$19.97



Genius Consciousness - Super Nootropic Brain Booster Supplement - Enhance Focus, Bo...
2,077
\$37.99



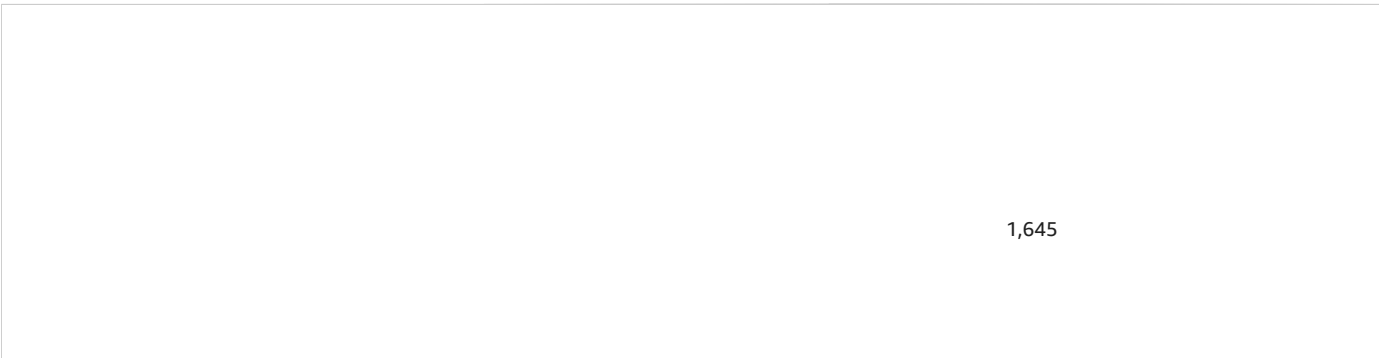
(3 Pack Nootropic Memory Health
Ad feedback



Your medication, delivered

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1,645

Ad feedback

Customer Questions & Answers

[See questions and answers](#)

436 customer reviews

4.7 out of 5 stars

5 star	<div></div>	79%
4 star	<div></div>	16%
3 star	<div></div>	3%
2 star	<div></div>	0%
1 star	<div></div>	2%

By feature

Value for money	4.8
Easy to swallow	4.7
Presentation	4.7

[See more](#)

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Write a customer review

4,258

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Customer images



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easy to swallow	nested naturals	brain fog	highly recommend
cognitive function	side effects	choline bitartrate	nervous system
taking choline	choline supplement	magnesium stearate	

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Top Reviews

Jim Healey

Re-formulated; not the same product as before

November 15, 2018

Verified Purchase

As stated in another recent review, the product has been quietly reformulated. However, nothing in the description on Amazon lets on to this, and in fact, Amazon's description of the product still makes mention of the trademarked VitaCholine. But the product no longer contains VitaCholine brand choline, which, according to the old label "is derived from the skin of grapes and made in Italy using only natural L(+) Tartaric Acid to ensure safety and quality."

The new label makes no mention of any of this, and also indicates that it now contains less choline per serving (500 mg vs. 550 mg before). Lastly, the source of the ingredients is now simply referred to as follows: "manufactured in a NSF certified cGMP facility in the USA using worldwide ingredients." 'Worldwide ingredients?' What does that even mean? For all I know, the newly reformulated product could be using Chinese-sourced choline. Why the surreptitious change?

76 people found this helpful

Helpful

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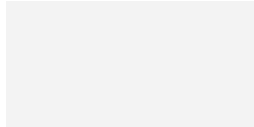
ayan ahmed

New label

November 9, 2018

Verified Purchase

I really liked this brand of choline but last order is different. The old bottle says L (+) choline Bitartrate 550 mg and it says it is made in the USA. New bottle label says just choline Bitartrate 500 mg and it doesn't mention that it is made in the USA . The powder is more coarse and tan in color compared to old fined white powder. It looks suspicious to me. I am scared of using it. Anyone else noticed the diffeence?



35 people found this helpful

Helpful

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Alexandra N Angelich

Choline helped get this ADHD Mommy back on track!

August 15, 2017

Verified Purchase

After I was diagnosed with ADHD, and began an Adderall prescription, I also starting supplementing with choline, hopeful that it would help clear away some of my heavy brain fog. When my husband and I decided to start a family, I stopped taking the ADHD medication, but kept taking the choline, because I had read that it was a necessary nutrient for pregnant mothers. I've now been taking a dose of choline every morning with my prenatal vitamins for well over 3 years and I've never felt better. I haven't even gone back to the ADHD medication. I go through a bottle of Nested Naturals choline about every 1.5 month, since it requires 2 pills to get to the 550 mg dose.

If you decide to add choline into your daily regimen for neurological reasons, please note that it did take about a month for it to build up enough in my system to start noticing the brain fog lift.

34 people found this helpful

Helpful

Comment

Report abuse



Andrea Raab

The best I have had

May 27, 2018

Verified Purchase

I have been using choline for 40 years now and know how much it has done for my health, physically and mentally. In that time I have dealt with a large number of different brands and have often been disappointed in the quality. It is often hard to find a strictly choline supplement in a health food store and when you do you have to settle for the brands they carry. I came across this brand when I couldn't buy what I normally get. I can tell you that THIS is now going to be my normal brand. It is a very clean supplement and does exactly what I want it to do. I am hoping for their success in business so that I can buy these the rest of my life.

9 people found this helpful

Helpful

Comment

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Gary Corigliano

Being Sharp

August 22, 2017

Verified Purchase

As was always very sharp with remembering everything. However, when my wife and I had our first child and have been super busy as time went on I noticed it got more difficult to remember every little thing. This has helped bring back the sharpness I once had before my son.

14 people found this helpful

Helpful

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ali Cali

Better than DHA

July 26, 2017

Verified Purchase

I started taking this product when I found out I was pregnant as I read that it was even more important than DHA. It has absolutely helped my memory and energy levels. I also believe that my baby has been hitting milestones significantly sooner than other babies due to vitamins such as this one. I highly recommend it to any woman that is pregnant, breastfeeding or simply wants to improve their memory function.

12 people found this helpful

Helpful

Comment

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Ramon

Nested Choline 550 mg

August 4, 2017

Verified Purchase

Very fast shipping. Taking it 2x a day for fatty liver , memory and clearer thinking. Cant say anything about fatty liver improvement.that will have to wait til my next labwork at next MD checkup in Sept. But I'm confident it will have some positive impact as choline deficiency is known to be most common cause of fatty liver. As far as memory and thinking I definitely can tell some improvement and will continue taking Nested choline 550 mg 2x daily. I find it the best in Quality and price and prompt delivery. Will update review after my next bloodwork. Thank you Nested and Amazon.

11 people found this helpful

Helpful

Comment

Report abuse

Ray

Curb Mommy Brain

July 22, 2017

Verified Purchase

I have taken Nested Naturals Choline while pregnant and breast feeding per recommendations I have read. It is suppose to help with nerve development. I feel like it does help curb my "mommy brain." I do notice if I have not taken it, I feel more "cloudy and muddled." I also tell others about it, my sister who is pregnant now is taking it too.

11 people found this helpful

Helpful

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This item: CHOLINE BITARTRATE 500 mg | 90 Vegan Capsules | Promotes Healthy Cognitive Function, Mental Focus & Memory | Prenatal Infant Brain Development Supplement | Cardiovascular Health Booster | 100% Non GMO

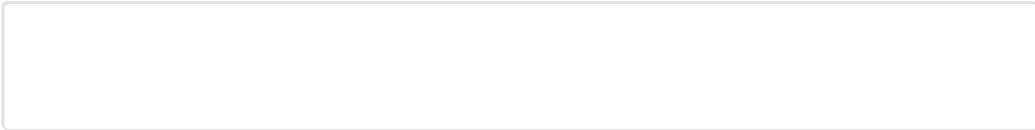
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Customers who bought this item also bought



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95% Curcuminoids | 60
High Absorption Vegan...
307

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Ad feedback

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