



STUDIES & RESEARCH

Studies and Research for DAILY DETOX COMPLEX™



[American Medical Association supports more choline in prenatal vitamins.](#)

The American Medical Association (AMA) supports an increase of choline in all prenatal vitamins to 450 mg/day, according to a resolution passed by delegates at the 2017 AMA Annual Meeting in Chicago earlier [in June].

[Importance of Choline as Essential Nutrient and Its Role in Prevention of Various Toxicities](#)

[Choline's] roles and functions ... extend much wider than that of the vitamins with which it is grouped. Choline is vital for maintenance of various key metabolic processes which play a role in the prevention or progression of various health impairments. The occurrence of diseases like neural tube defect (NTD) and Alzheimer's is prevented by the metabolic role of choline. It is also indispensable for mitigation of various forms of toxic contamination.

