

CHOLINE

Meaning: Choline is an essential nutrient that supports various bodily functions, including brain health and liver function.

1. Choline is an essential nutrient that plays a critical role in brain health.
2. Many people do not get enough choline in their diets, which can affect liver function.
3. Eggs are one of the richest sources of choline, making them a great addition to breakfast.
4. Research has shown that adequate choline intake during pregnancy can support fetal brain development.
5. Vegetarians may need to be particularly mindful to include choline-rich foods in their meals.

Source: sentences.whatistheurl.com

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