

## CHOLINE LOADING INSTRUCTIONS

Choline bitartrate tablets, found at health food stores, are tasteless, can be broken for easier swallowing, and can be taken with fluids or food. There should be no ill-effects from the choline.

Collect a urine sample prior to giving choline tablets in a clean screw-cap urine container. Label the container "PRE-LOAD". Refrigerate until delivered to doctor's office or lab. Lab is to handle specimen according to procedure prior to freezing by adjusting a 15-20 mL aliquot to pH 5.0 using a few drops of concentrated HCl.

Give choline: 50 mg/kg body weight, not to exceed 3 grams.

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### EXAMPLE CALCULATIONS: (1 kg = 2.2 lbs)

#### EXAMPLE #1:

Patient weighs 120 lbs:

120 lbs. = 54.5 kg body weight X 50 mg = 2727 mg choline required

If tablets are 250 mg each: 2727 mg choline = (10.9) or 11 tablets

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#### EXAMPLE #2:

Patient weighs 180 lbs:

180 lbs. = 81.8 kg body weight X 50 mg = 4090 mg choline required,  
**HOWEVER, do not take more than 3000 mg (3 g) of choline**

If tablets are 250 mg each: 3000 mg choline (maximum dose) = 12 tablets

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Collect the entire urine specimen between 6 - 12 hours following the choline dose. During this period, continue activities and meals as usual.

For example, if choline is ingested at 6 am, collect all urine between noon and 6 pm.

Label this specimen "POST-LOAD". Keep entire specimen refrigerated until delivered to doctor's office or lab. Lab is to handle specimen according to procedure prior to freezing by adjusting a 15-20 mL aliquot to pH 5.0 using a few drops of concentrated HCl.

**USE THIS PROCEDURE ONLY IF PATIENT IS NON-SYMPTOMATIC!**