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## The Impact of Dietary Choline Modulation on Health

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### Message from the Guest Editor

Dear Colleagues,

Maintaining optimal levels of the essential dietary nutrient choline is key for the maintenance of cardiovascular, neurological, and metabolic health. Current thinking is that most adults fail to achieve sufficient dietary choline and that this may contribute to impaired health in the general population. However, the beneficial effects of choline supplementation, beyond that in diagnosed choline deficiency or increased physiological need (e.g., pregnancy), remain controversial. A growing understanding of the role of endogenous choline production—through, for example, phospholipid metabolism—has added the potential for tissue-level choline modulation, independently of systemic and dietary sources of choline. This Special Issue aims to provide a better understanding of the interplay between dietary choline modulation and the endogenous pathways that regulate tissue-level choline metabolism and its cellular effects. It will explore whether modulation of tissue-specific endogenous pathways of choline metabolism may be an additional therapeutic avenue for improved metabolic health beyond simple dietary supplementation.



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# Special Issue



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