## FATTY L VERS AND LIPOTROPIC PHENOMENA

COLIN C. LUCAS\* and JESSIE H. RIDOUT

## CONTENTS

I. INTRODUCTION	5
A. Background, scope and definitions	
1. Definition of lipotropic	5
2. Lipotropic agents	6
3. Is choline a vitamin?	ר
4. Species in which fatty livers have been studied	
B. The normal liver	8
1. Structure	
2. Functions of the liver with respect to lipids	9
3. Composition of the normal liver	
4. Composition of normal liver lipids	10
5. Effect of dietary fat on normal liver lipids	
6. Nature of the invisible fat	12
IL FATTY LIVERS: CAUSES, CHARACTERISTICS AND	
ANALYSIS	14
A. Conditions causing fatty livers	14
B. Chemical changes in fatty livers	16
1. Analytical findings	16
2. Fatty acid pattern in choline deficiency	18
3. Expression of analytical results	19
4. Fatty livers: criteria of histologist and chemist differ	20
5. Histological concepts: fatty infiltration, degeneration,	
phanerosis	21
C. Determination of liver lipids	22
1. Inadequacy of ether	22
2. Extraction procedures for lipids	23
3. Efficiency of hot alcohol: 5-minute extraction period	24
4. Acetone extracts contain phospholipids	24
5. Oven drying is deleterious	28

\* Supported in part by grants from the Medical Research Council of Canada to the Banting and Best Department of Medical Research, University of Toronto.

III. LIPOTROPIC PHENOMENA	
A. Fatty livers of dietary origin	28
1. Discovery of lipotropic phenomena	28
2. Choline: a new dietary factor	29
a. Early observations	29
b. Cholesterol fatty livers	31
c. Rate of development and variability of fatty livers	31
d. Comparison of lipotropic activity (dose-response curves)	34
e. Effects of different types of dietary lipids	37
f. Choline and the absorption of fat	42
g. Hormonal effects in the production of fatty livers	43
3. Betaine	45
4. Proteins and amino acids	47
5. Methionine	53
6. Dietary fatty livers not responding to choline	56
7. Homologs, analogs and derivatives of choline, betaine	
and methionine	57
8. Inositol	65
9. Folic acid and vitamin $B_{12}$	71
10. Pseudo-lipotropic effects, antibiotics and other factors	74
B. Hemorrhagic kidney lesions	76
1. Rats	76
2. Kidney lesions in other species	79
C. Dietary cirrhosis, hepatic necrosis and kwashiorkor	80
1. Kwashiorkor	80
2. Experimental nutritional liver disease	80
a. Massive hepatic necrosis and post-necrotic scarring	18
b. Dietary cirrhosis and necrosis distinguished	.81
c. Dietary necrotic liver degeneration	82
3. Experimental dietary cirrhosis	82
a. Rats	83
b. Other species	85
c. Pathogenesis	00
D. Other defects attributed to lack of choline	00 96
1. Growth failure	00
2. Perosis	8/
3. Impaired reproduction, lactation and egg production	8/
4. Muscle defects	07
5. Hemorrhagic lesions	00
o. Cardiovascular lesions	00
/. Neurological lesions	00
8. Gastric lesions	07 00
9. Choline and lasting	67 80
10. Duodenal ulcers	04

## Contents

Contents
----------

<ol> <li>Cataracts in diabetic rats</li> <li>Neoplasms</li> </ol>	89
13 Differentiation in tissue cultures	89
14 Choline and hair coloring	90
15 Anemia of choline deficiency	90
16. Choline does not cause macroautic anomic	91
17 Nutritional edema in the rot	91
18 Miscellaneous	91
E Biochemical alterations in chaling definition	92
1 Chemical	92
2. Zymological	92 94
IV. CHOLINE: CHEMISTRY AND PHARMACOLOGY	95
A. Chemistry	95
B. Pharmacology	95
1. Toxicology	96
2. Fate of choline in the body	96
3. Choline oxidase	97
C. Choline requirement	98
1. Rats	98
2. Mice	99
3. Other mammals	99
4. Poultry	99
5. Man	100
6. Environmental temperature and choline requirement	100
D. Occurrence of choline	100
E. Therapeutic use of lipotropic agents	101
V. TRANSMETHYLATION AND BIOSYNTHESIS OF THE	
A Transmethylation	102
1 Discovery of labile mothyl groups	102
2 Proof of metabolic transmathulation	102
3. Test for biological lability of matheul groups	103
4 Transmethylation occurs in all anonics studied	103
5. Role of betains in transmothulation	104
6 Methyl group donors and accentors	104
7. Sulfonium compounds as methyl denors	104
8. S-Adenosylmethionine	105
B. Non-labile methyl groups	106
1. Non-lability of methyl groups of choline	107
2. N-methyl derivatives of aminoethanol	107
3. N-methyl derivatives of glycine	107
4. Other compounds with non-labile methyl groups	108
C. Metabolic fate of methyl groups	108
	109

## Contents

D. Biosynthesis of methyl groups	109
VI. SOME CONTROVERSIAL TOPICS	112
A. Lipocaic	112
<b>B.</b> Thiamine fatty livers	114
C. Biotin fatty livers and alleged specific lipotropic effe	ect of
inositol on cholesterol	115
D. Cystine "toxicity"	116
E. Alcohol, fatty livers and cirrhosis	119
VII. RECAPITULATION AND MODE OF ACTION	OF
CHOLINE	122
VIII. BIBLIOGRAPHY	127