

# Phosphatidylcholine

*The Liver, Brain and Hormone Balancing Nutrient*

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## Benefits of Phosphatidylcholine

- Improves mental energy and memory
- Lowers cholesterol and homocysteine
- Prevents plaque build-up in arteries by optimizing fat metabolism
- Combined with liver supporting nutrients like inositol, helps reverse PMS, fibroid tumors, and other female hormonal disorders
- Helps prevent estrogen-related cancers by promoting healthy estrogen metabolism
- Is useful in the treatment of a wide range of liver ailments, including hepatitis, fatty liver and cirrhosis
- Helps protect the liver from damage caused by alcohol, viruses, medications, and toxins in the environment and food
- Helps enhance the digestion and assimilation of all nutrients
- Slows the aging process by protecting cell membranes from damage

Phosphatidylcholine (PC) is one of the most important nutrients to consume daily for optimal health. PC is found in nuts, seeds, dandelion greens, and egg yolks: foods we consume too little of to get an optimal intake of PC. Most adults do not get enough of this valuable nutrient. An inadequate intake of PC can lead to:

- Poor liver function/fatty liver
- Premenstrual syndrome, fibroid tumors, fibrocystic breast disease, and other hormonal disorders in women

**What makes PC so valuable?** PC is the basic building block of the membranes of every cell in the body. Without PC, cells age faster and do not function optimally. PC also helps encourage healthy fat metabolism by emulsifying fat. Taking PC has a dramatic impact on our health, particularly the health of the liver.

## Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Phosphatidylcholine	420 mg *
(from 1200 mg of Soy Lecithin Concentrate)	

\*Daily Value not established.

**Other Ingredients:** Bovine gelatin, glycerine, purified water (includes softgel).

- Gallstone formation
- Nerve degeneration
- Poor memory

## THE LIVER NUTRIENT

PC is the single most important nutrient for promoting liver health. PC helps the liver do many of its jobs better: nutrient assimilation, hormone balancing, and toxin elimination. PC protects the liver against the damage caused by alcohol, pollutants, viruses, medications, mushroom poisoning, and radiation treatment. PC is very valuable in the treatment of the forms of hepatitis.<sup>1</sup>

## THE ULTIMATE WOMAN'S HEALTH NUTRIENT

PC can help alleviate many estrogen related problems by enabling the liver to convert estradiol -the stronger form of estrogen-to estriol, a more benign form of estrogen. PC is therefore helpful in managing problems related to female hormone imbalance including PMS, uterine fibroids, fibrocystic breast syndrome, and endometriosis. Such problems usually improve dramatically after a month or two of using PC with inositol and other liver supporting nutrients.

## THE ARTERY PROTECTOR

PC lowers plasma homocysteine levels<sup>2</sup> which when elevated can increase our risk to heart and artery disease. PC also increases cells' sensitivity to insulin, which is very important for the prevention and treatment of heart disease as well as diabetes.<sup>3</sup> PC also mildly lowers blood pressure in hypertensives. It can also help protect the body against the damaging effects of stress.

## THE MEMORY ENHANCER

PC helps the brain make one of its most important chemical messengers, acetylcholine. Acetylcholine travels between nerve cells, creating and calling up memories. Many people notice better memory function when taking PC. PC may also be useful in treating Alzheimer's disease; an ailment caused by acetylcholine deficiency.<sup>4</sup> PC can also be useful in the treatment of tardive dyskinesia, colitis<sup>5</sup> and malaria.<sup>6</sup>

## HOW TO TAKE PHOSPHATIDYLCHOLINE

Lecithin and phosphatidylcholine are one and the same. PC is available in softgel or granule form. Make sure to use triple strength lecithin granules that contain 55% PC for best results. Take one teaspoon per day with a meal for promoting general health. After one week, increase the dose to one tablespoon per day if needed. 1-2 Tbsp. should be used for promoting female hormonal health, and larger doses should be used when treating hepatitis and other serious ailments. PC is best taken with a meal and with other supplements as PC increases the absorption of all nutrients. Research shows that PC is highly bioavailable - it is nearly 90% absorbed. PC is safe for long term use.

### References

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