



Phosphatidylcholine

INTRODUCED 2003

What Is It?

Phosphatidylcholine, or PC, is a polar lipid molecule that is a naturally occurring, integral component of the cellular membrane, adding fluidity and strength to cells. PC serves as a source of choline, an important nutrient for liver function and a precursor of the neurotransmitter acetylcholine. Dietary sources of PC include soy lecithin.*

Uses For Phosphatidylcholine

Liver Health: In a multi-centered, randomized, double blind, placebo-controlled trial conducted in Germany, investigators reported that polyunsaturated PC helped support liver health by promoting healthy plasma alanine aminotransferase activity and was well tolerated. This molecule also plays a significant role in the healthy transport and metabolism of lipids and lipid carrier molecules. A randomized, double blind, placebo-controlled trial suggested that oral lecithin supplementation may help support healthy hepatic fat metabolism by providing a source of choline. Animal studies also report that soybean PC may promote healthy lipid metabolism in the liver. Additional animal studies indicate that PC promotes healthy liver and pancreatic antioxidant activity.*

Cognitive Support: PC has been studied in the context of cognitive support and moderating stress. A long-term double blind placebo-controlled trial suggested that high dose soy lecithin may reduce mild memory loss associated with aging. A more recent animal study provided data indicating that oral lecithin supplementation helped support plasma choline levels, which was linked to an adaptogenic effect when the animals were exposed to various stresses.*

What Is The Source?

Pure Encapsulations Phosphatidylcholine is derived from soy lecithin, a source that is rich in polyunsaturated fatty acids, as opposed to animal-derived sources, which tend to be much higher in saturated fatty acids. There is no detectable GMO material in this product.

Recommendations

Pure Encapsulations recommends 2-8 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At several grams per day, some people may experience abdominal discomfort, diarrhea, or nausea.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Phosphatidylcholine

each softgel capsule contains	20 sg
phosphatidylcholine	420 mg
(from 1,200 mg of soy lecithin concentrate)	
other ingredients: gelatin capsule	
2-8 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

