

Phosphatidylcholine



The liver, brain and hormone balancing nutrient

By David Brady, ND, DC, CCN, DACBN & Caitlin Higgins, MS, CNS, LDN

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Phosphatidylcholine (PC) is one of the most important nutrients to consume daily for optimal health. PC is found in nuts, seeds, dandelion greens, egg yolks, liver, and certain seafood items: 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 may lead to:

- Poor liver function/fatty liver
- Gallstone formation
- Premenstrual syndrome, fibroid
- Nerve degeneration tumors, fibrocystic breast disease, and other hormonal disorders in female patients
- Poor memory

What makes phosphatidylcholine so valuable? Phosphatidylcholine 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 liver health.

Liver Support

PC is the single most important nutrient for promoting liver health, as it helps the liver do many of its jobs better, including 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 valuable in the treatment of various forms of hepatitis.¹

The Ultimate Women's Health Nutrient

PC can help alleviate many estrogen-related problems by facilitating the liver's conversion of 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.

Arterial Health

PC lowers plasma homocysteine levels² which, when elevated, may increase risk for heart and artery disease. PC also increases cells' sensitivity to insulin, which is important for the prevention and treatment of heart disease as well as diabetes.³ 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 produce acetylcholine, one of its most important chemical messengers. Acetylcholine travels between nerve cells, creating and calling up memories. Many people notice improved memory function when taking PC. PC may also be useful with Alzheimer's disease, a condition associated with low levels of acetylcholine.⁴ PC can also be useful in the treatment of tardive dyskinesia, colitis⁵ and malaria.⁶

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	%Daily Value
Phosphatidylcholine (from soy lecithin)	420 mg *

*Daily Value not established.

Other Ingredients: Bovine gelatin, purified water, glycerine.

Benefits of Phosphatidylcholine

- Supports healthy cholesterol and homocysteine levels
- May support arterial health by optimizing fat metabolism
- May reduce risk in arteries by optimizing fat metabolism
- May help ameliorate PMS, fibroid tumors and other female hormonal disorders when combined with liver-supporting nutrients, such as inositol
- May support optimal hepatic function and protect the liver from environmental insults
- Helps enhance the digestion and assimilation of all nutrients
- Supports cell membrane integrity

How to Take Phosphatidylcholine:

Recommended Use: Take one softgel per day, or as directed by your health care practitioner.

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. is recommended for promoting female hormonal health; higher doses may be helpful with 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.

For a list of references cited in this document, please visit:

http://catalog.designsforhealth.com/assets/itemresources/Phosphatidylcholine_References.pdf

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

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