BIOTICS RESEARCH CORPORATION
"The Best of Science and Nature"
www.bioticsresearch.com

Supplement FAQs

© Copyright 2011

Biotics Research Canada • Toll Free: (800) 840-1676
Box 283 Keswick ON L4P 3E2 • Email: orders@bioticscan.com

Phosphatidylcholine

Why you may need Phosphatidylcholine: Phosphatidylcholine (PC) is a member of the class of "essential phospholipids", meaning that the body is incapable of producing its own supply. Being one of the most abundant phospholipids, it is of no surprise that PC is considered to be the most important one as it is crucial for cell membrane integrity. Cell membrane integrity may be the most important aspect of the cell as cells can withstand damage to both their DNA and to their organelles. Damage to the cellular membrane may result in cellular death. In the nervous system, PC plays two very important roles. In addition to being an integral component of the myelin sheath which surrounds nerve cell axions, the body also combines PC and pantothenic acid to form acetylcholine, the neurotransmitter responsible for sending electrical impulses across synapses between nerve cells, and from motor neurons to muscle cells. As a source of choline, PC is required for the proper metabolism of fats, and plays a role in normal brain functioning and memory. Low levels of PC have been associated with aging, cognitive decline, impaired blood flow and circulation, decreased libido, elevated cholesterol, impaired fat metabolism, neurological disorders, migraine headaches, inflammation of the large intestine, and with decreases in liver, kidney, pancreatic, and cardiac function.

Why your healthcare practitioner recommends Phosphatidylcholine: Most PC absorption occurs in the proximal small intestine where it is dependent on normal functioning of the pancreas, liver, and gallbladder. Any alterations in the performance of these organs may impair fatty acid absorption, and ultimately affect PC concentrations. PC levels also decline with age and alcohol consumption. Each softgel capsule of **Phosphatidylcholine** contains 1,200 mg of lecithin supplying 420 mg of phosphatidylcholine. Biotics Research Corporation tests it's PC not only for identity, but for purity (heavy metal and microbial contaminants), and for stability. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "*The Best of Science and Nature*".

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1.2 g	2% †
Saturated Fat	0.17 g	1% †
Polyunsaturated Fat	0.54 g	*
Monounsaturated Fat	0.11 g	*
Cholesterol	0 g	0%
Sodium	0 g	0%
Protein	0 g	0% †
Phosphatidylcholine (from soy lecithin)	420 mg	*

† Percent Daily Values based on a 2,000 calorie diet
* Daily Value not established

Other ingredients: Gelatin, glycerin and water.

Each softgel capsule contains 1,200 mg of lecithin providing 420 mg phosphatidylcholine

Other phospholipids: Phosphatidylserine, phosphatidylethanolamine, and phosphatidylinositol.

RECOMMENDATION: One (1) to three (3) capsules each day as a dietary supplement or as otherwise recommended by your healthcare professional.

NDC# 55146-01430 Rev. 6/09

*For more information on **Phosphatidylcholine**, please contact your healthcare provider*

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.