

Phosphatidylcholine

Sunflower-derived phospholipid-bound choline to support cellular function, cognitive function and liver health[‡]

Part of the PureGenomics® product line



Phosphatidylcholine (PC) is a naturally occurring, integral component of the cellular membrane, adding fluidity and strength to cells. It serves as a source of choline, an important nutrient for methylation, cell-to-cell communication, cognition, and liver function. Choline and its metabolites are the major source of methyl groups in the diet. Methylation plays many roles, including neurotransmission, vitamin assimilation, DNA synthesis and gene regulation.[‡]

Special Features:

- Soy-free, GMO-free, sunflower-derived phosphatidylcholine
- Major source of methyl groups to promote healthy methylation, particularly for individuals with MTHFR or PEMT genetic variations[‡]
- Acts as a precursor for phospholipids and acetylcholine, a neurotransmitter involved in attention, learning, memory, and neuromuscular function[‡]
- Provides choline source for pregnancy to support infant cognitive development[‡]

The Benefits of Choline

Certain genetic variations in MTHFR and PEMT, enzymes that play critical roles in methylation and choline synthesis, respectively, have been associated with increased dietary choline needs. Research indicates that choline intake is important for pregnant women, particularly those with PEMT and MTHFR genetic variations. One clinical trial showed that women who consumed 480 mg of choline daily during pregnancy had offspring with faster processing speed than those who did not. PC also plays a significant role in the healthy transport and metabolism of lipids. A randomized, double-blind, placebo-controlled trial suggested that choline-containing lecithin may help support healthy hepatic fat metabolism. Animal studies indicate that PC promotes healthy liver and pancreatic antioxidant activity.[‡]

Phosphatidylcholine Supplement Facts

As a dietary supplement, take 2 capsules daily, with a meal.

two softgels contain:

Calories	15
Total Fat	1.5 g
Total Phosphatidylcholine	550 mg
other ingredients: gelatin capsule (gelatin, glycerin, water), sunflower lecithin, medium-chain triglycerides	

Warning: If you are pregnant or lactating, have any health condition, or are taking any medication, consult your health professional before use.

Memory & Mood



Phosphatidylcholine	Quantity	Order Code
	90	PHC9



Help your patients access this unique, soy-free, sunflower-derived phosphatidylcholine for cognitive health[‡] — from the #1 most trusted brand.¹

Visit PureEncapsulations.com/phosphatidylcholine