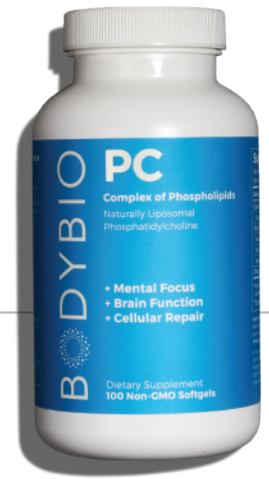


PC

(Complex of Phospholipids)



What is it?

BodyBio PC is a complex of phospholipids derived from soybeans, with phosphatidylcholine being the main constituent, supported by the ancillary phospholipids, P-ethanolamine, P-inositol and P-serine. Chemically, PC is a glycerophospholipid with a hydrophilic head, a glycerol body at the point of bifurcation, and two hydrophobic tails. Liposomal phosphatidylcholine is neither lecithin nor triple lecithin, despite choline being a common component. If choline stores are deficient, a rare instance, liposomal PC will sacrifice itself to provide choline for the endogenous manufacture of acetylcholine. Otherwise, it is absorbed into the bloodstream intact, where it so closely parallels the architecture of the cell membrane that it is taken in as a building block, restoring function and structure to cellular integrity.

Indications

PC is restorative to a liver that is insulted by hepatitis, cirrhosis and NAFLD. Brain-centered conditions respond well to PC supplementation, including faulty cognitions and memories, anxiety, bipolar disorder and depressed affect. It helps gallbladder disease, dermatological conditions, and several other disorders.

Special Features

BodyBio PC contains supporting phospholipid compounds that enhance neuronal signaling, help to maintain cell structure, modulate membrane charge, enable the recruitment of proteins and sustain metabolic processes. Its 4 to 1 ratio of n-6 to n-3 fatty acids reduces viscosity and supports cell membrane permeability and fluidity.

Ingredients

BodyBio PC is made by isolating the PC, PE, PI, & PS through a proprietary extraction of soy lecithin. Ethanol is the extractant leaving a residue of less than 5%.

Bioavailability

PC is taken into the mucosal cells of the duodenum and proximal jejunum. Levels peak between two to six hours after intake. Half-life is about fifteen hours.

SUPPLEMENT FACTS

Serving Size: 2 softgels
Serving Per Container: 30 (60 ct.);
50 (100 ct.); 150 (300 ct.)

AMOUNT PER SERVING	% DAILY VALUE*	
Calories 14.9		
Total Fat	1.6 g	3%
Phospholipid Complex	1300 mg	†

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value Not Established

Ingredients: Proprietary phospholipid complex, minor glycolipids, essential fatty acids, flaxseed oil, ethanol, gelatin, glycerin, and water.

Suggested use: Take 2 softgels daily, with food or as recommended by your HCP.

Allergen Statement: Derived from purified soy lecithin.

Warning: If pregnant or nursing, consult your physician before use. Keep out of reach of children. Do not use if safety seal is broken. Keep closed in a dry place.

*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.

Why Take PC:



Focus*



Anti-Aging*



Performance*

- Fights brain fog*
- Keeps the mind sharp*
- Key to cellular repair*
- Cognitive and memory support*
- Vital to mitochondrial function*
- Enhances nerve signaling*
- Improves liver function*
- Maintains membrane fluidity and permeability*
- Healthy lung support*
- Stabilizes bile*

Recommended Dose

Studies have used doses of 1.5 to 3.0 grams a day. Practitioners adjust doses according to need. Up to 9.0 grams a day may be taken, in divided doses.

Interactions and Side Effects

There are no reported interactions with PC. High doses may increase perspiration and feelings of warmth. Taken in substantial doses on an empty stomach, PC may incite nausea. Our extraction process removes the soy proteins that excite allergic/estrogenic reactions but evaluate product use based on the patient.

Storage

Keep away from high temperatures. Refrigeration will increase viscosity of PC liquid. Room temperature is recommended.

Why BodyBio PC is Unique

By Thomas Wnorowski, PhD, CNCC, BodyBio Research Director

Phosphatidylcholine is NOT triple lecithin, which is the first generalized phospholipid extracted from either soybeans or sunflower seeds. Triple lecithin is packed in oils that degrade the entire complex during digestion, rendering the PC unavailable for use by the body at large, and by each cell membrane specifically. Triple lecithin contains ancillary macro-nutrients that contribute to the degradation process by the hostile environs of the digestive tract. The semantic misstep is that the FDA allows triple lecithin to be called phosphatidylcholine because PC is the main ingredient, occupying the greatest space in the molecule.

There are very few liposomal PC's in the global marketplace. The distinguishing feature of BodyBio PC is its inclusion of the entire phospholipid complex—P-Choline, P-Ethanolamine and P-Inositol. Liposomal PC has a structure virtually identical to that of the cell membrane. When the liposome approaches the membrane, it is accepted by that membrane as a building block. In the case of pharmaceutical use, a medication payload is thereby delivered to the cell. This cannot happen with triple lecithin.

PC is the stuff of which the membrane is made. PE gives the membrane its spherical configuration, without which the cell cannot function optimally. PI is a signaling molecule that maintains the integrity of cellular and nuclear proteins. Only liposomes are available to the cell, making that form of PC the most bioavailable and the most assuredly assimilated.

You can get ersatz PC for \$20-\$30 per bottle. Real, liposomal PC is ten times that. Extracting liposomal PC is a time consuming and delicate process. If heat is generated beyond that which the PC can withstand, the complex is ruined. Each batch is tested several times before being bottled and then tested by an independent lab to confirm results. The tests each cost around \$900 but it is an important part of our Quality Control standards. We have PC tested for potency, wholesomeness, consistency, purity, and viscosity. Triple lecithin does not require that kind of attention, so packagers skip it.

Liposomal PC, when mixed with water, forms a uniform fluid of even color and texture. Triple lecithin forms an amorphous blob that resembles balls of phlegm. One is taken into the cell membrane, the other goes to the toilet (but it will deliver some choline).



BODYBIO