

Phosphatidylcholine Max



Clinical Applications

- Supports Healthy Cholesterol and Homocysteine Levels*
- Helps Enhance Digestion and Assimilation of Nutrients*
- Supports Cell Membrane Integrity*
- May Support Arterial Health*
- Supports Fat Metabolism*

Phosphatidylcholine Max 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 phosphatidyl choline.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Phosphatidylcholine (PC) is the basic building block of the membranes of every cell in the body. Without phosphatidylcholine, cells age faster and do not function optimally. Phosphatidylcholine Max also helps encourage healthy fat metabolism by emulsifying fat. Taking phosphatidylcholine has a dramatic impact on our health, particularly liver health. An inadequate intake of phosphatidylcholine may lead:

- poor liver function
- fatty liver
- gallstone formation
- premenstrual syndrome and fibroids
- nerve degeneration tumors
- fibrocystic breast disease
- poor memory
- other hormonal disorders in female patients

Liver Support Phosphatidylcholine 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. Phosphatidylcholine protects the liver against the damage caused by alcohol, pollutants, viruses, medications, mushroom poisoning, and radiation treatment. Phosphatidylcholine Max is valuable in the treatment of various forms of hepatitis.

The Ultimate Women's Health Nutrient Phosphatidylcholine 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. Phosphatidylcholine Max 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 phosphatidylcholine with inositol and other liver supporting nutrients.

Arterial Health Phosphatidylcholine Max lowers plasma homocysteine levels² which, when elevated, may increase risk for heart and artery disease. Phosphatidylcholine also increases cells' sensitivity to insulin, which is important for the prevention and treatment of heart disease as well as diabetes.³ Phosphatidylcholine also mildly lowers blood pressure in hypertensives. It can also help protect the body against the damaging effects of stress.

The Memory Enhancer Phosphatidylcholine Max 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 phosphatidylcholine. Phosphatidylcholine Max may also be useful with Alzheimer's disease, a condition associated with low levels of acetylcholine.⁴ Phosphatidylcholine Max can also be useful in the treatment of tardive dyskinesia, colitis⁵ and malaria.⁶

*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.

Absolute Health
7350 SW 60th Ave., Suite 2
Ocala, FL 34476
www.AbsoluteHealthOcala.com

Phosphatidylcholine Max



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.

References

Directions

Take one softgel daily, or as directed by your healthcare provider.

Lecithin and phosphatidylcholine are one and the same. Phosphatidylcholine Max is best taken with a meal and with other supplements as it 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.

Does Not Contain

Ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



*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.

For all your supplement needs please visit www.DoctorEStore.com

REV. 01/06/22