

Phosphatidylcholine

Synonyms: Phosphatidyl choline; PC



100%
Nature

Phosphatidylcholine

Specifications:

Item	Standards
Appearance	Yellow to white waxy solid
Phosphatidyl choline	90.0% min
Lysophosphatidylcholine	5.0% max
Acid value	≤ 30
Peroxide value	≤ 10meq/KG
Loss on Drying	≤ 2%
Heavy metals	≤ 10 ppm
Heavy metals	10ppm max

Product Application:

1. It can help boost cognitive function.
2. It may aid in liver repair.
3. It may help protect against medication side effects.
4. It may help ease symptoms of ulcerative colitis.
5. It may promote lipolysis.
6. It may help dissolve gallstones.

Product Description:

Phosphatidylcholine (PC) is a phospholipid attached to a choline particle. Phospholipids contain fatty acids, glycerol, and phosphorous.

The phosphorous part of the phospholipid substance — the lecithin — is made up of PC. For this reason, the terms phosphatidylcholine and lecithin are often used interchangeably, although they're different.

Foods that contain lecithin are the best dietary sources of PC.

Although PC is traditionally used to support brain health, it can also support liver function and keep cholesterol levels in check. Read on to learn what the research says about the benefits of this nutritional supplement.

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