Phosphatidyl choline (PC) is one of the most important nutrients to consume daily for optimal health. PC is found in nuts, seeds, dandelion greens, and egg yolks; foods we consume too little of to get an optimal intake of PC. Most adults do not get enough of this valuable nutrient. An inadequate intake of PC can lead to:

- Poor liver function/fatty liver
- Premenstrual syndrome, fibroid tumors, fibrocystic breast disease, and other hormonal disorders in women
- Poor memory
- Nerve degeneration

What makes PC so valuable? PC is the basic building block of the membranes of every cell in the body. Without PC, cells age faster and do not function optimally. PC also helps encourage healthy fat metabolism by emulsifying fat. Taking PC has a dramatic impact on our health, particularly the health of the liver.

**THE LIVER NUTRIENT**

PC is the single most important nutrient for promoting liver health. PC helps the liver do many of its jobs better: nutrient assimilation, hormone balancing, and toxin elimination. PC protects the liver against the damage caused by alcohol, pollutants, viruses, medications, mushroom poisoning, and radiation treatment. PC is very valuable in the treatment of the forms of hepatitis.1

**THE ULTIMATE WOMAN'S HEALTH NUTRIENT**

PC can help alleviate many estrogen-related problems by enabling the liver to convert estradiol - the stronger form of estrogen-to estriol, a more benign form of estrogen. PC 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 PC with inositol and other liver supporting nutrients.

This information is provided for the use of physicians and other licensed health care practitioners only. This information is intended for physicians and other licensed health care providers to use as a basis for determining whether or not to recommend these products to their patients. This medical and scientific information is not for use by consumers. The dietary supplement products offered by Designs for Health are not intended for use by consumers as a means to cure, treat, prevent, diagnose, or mitigate any disease or other medical condition.

**References**