

Phosphatidylcholine (PC) is a natural fatty compound that is commonly used to complex with compounds to enhance their ability to be absorbed after being ingested.

However, PC is also a vital building block for all cell membranes and it serves as a source of “choline,” a building block molecule for manufacture of the brain chemical acetylcholine, which supports memory. PC is found in foods like eggs and soy and it's used in supplements for potential benefits in memory, liver health (like fatty liver), and ulcerative colitis.

Functions & Benefits

- **Cell Structure:** Forms the fundamental structure of cell membranes, regulating passage of substances.
- **Brain Health:** Provides choline to create acetylcholine, a neurotransmitter important for learning and memory.
- **Liver Support:** Helps with detoxification, bile production, and may protect against alcohol-induced liver damage.
- **Metabolism:** Supports overall cellular metabolism and energy production.
- **Potential Uses (with varying evidence):** Memory improvement, reducing fat deposits, managing ulcerative colitis, and fatty liver disease.

Sources & Forms

- **Natural Sources:** Egg yolks, soybeans, sunflower seeds, whole grains, and mustard.
- **Supplements:** Available as a liquid, powder, or in capsules, often derived from soy or sunflower.
- **Pharmaceuticals:** Used in liposomal drug delivery systems for targeted release.