

BodyBio PC

What is BodyBio PC?

BodyBio PC is a special, highly concentrated mixture of phospholipids with the highest one being Phosphatidylcholine. The key fact is that PC declines with age and disease.

What is the recommended dosage of BodyBio PC?

2 capsules per day, or as directed by your physician.

What are the exact ingredients in BodyBio PC?

Phosphatidylcholine, Phosphatidylethanolamine (minor phospholipids & glycolipids), 4:1 essential fatty acids, and ethanol.

Why is Ethanol in BodyBio PC?

Ethanol is used to extract the phospholipids from the soy concentrate. The ethanol is then removed by vacuum distillation; however there is a small amount that is left ~ 2%

What is a Phospholipid?

Chemically speaking, phospholipids are the active component in lecithin. Compared to a typical fat or triglyceride ("Tri" meaning three fatty acids attached) phospholipids normally contain two fatty acids and in place of the third fatty acid they have a phosphorous containing head group. A phospholipid is unique because its tail likes oil and its head group likes water. When a phospholipid comes in contact with water, it spontaneously forms a "bi-layer structure". The bi-layer functions as the "skin" or "membrane" of living cells and organelles.

Another crucial component of a phospholipid is the type of fatty acids attached to it. A phospholipid such as soy-derived polyenylphosphatidylcholine is rich in linoleic and linolenic acid, polyunsaturated fatty acids, that provide "fluidity" to the cell membrane. Maintaining membrane fluidity is crucial, as the membrane is crucial to the majority of cellular activities. BodyBio PC is formulated with those important essential oils, the omega 6 and the omega 3's at a 4:1 ratio. 4 parts of omega 6 from organic sunflower oil and 1 part of omega 3 from organic flax oil.

What is BodyBio PC most commonly used for?

BodyBio PC rebuilds the membrane and increases fluidity, which is synonymous with saying that PC is life itself.

Is BodyBio PC Safe & are there any potential side effects?

There are no known side effects with BodyBio PC.

What if I am taking other medications?

There are no known conflicts with any medication.

Is BodyBio PC a drug?

No, it's a phospholipid.

