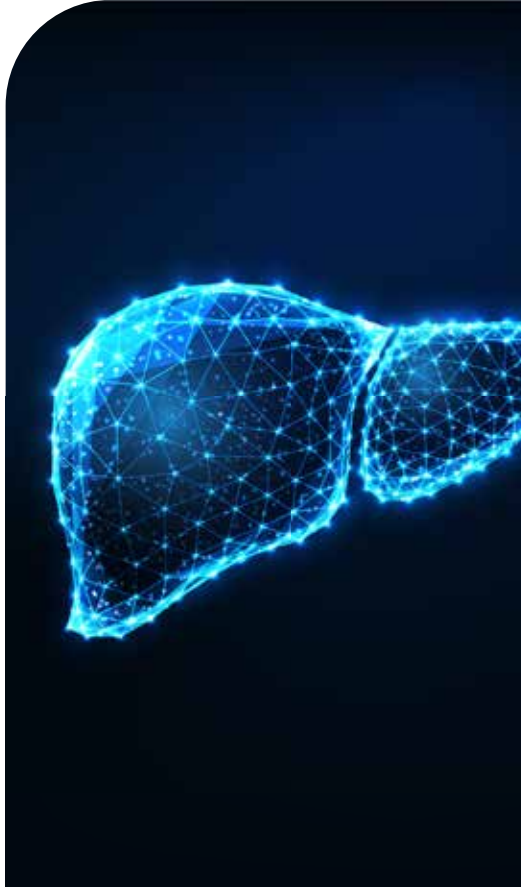




Phosphatidylcholine: Cholinactive®

Effective active ingredient and vector



The human body is made up of more than 70 billion cells, all responsible for very different functions in our body. The functionality of these cells is maintained, among other things, by the action of phosphatidylcholine.

Choline plays an essential role in hepatoprotection or antihepatotoxicity, the ability of a chemical substance to prevent damage to the liver. Phosphatidylcholine is the main component of the external layer of hepatocyte membranes and of the phospholipid layer of lipoproteins.

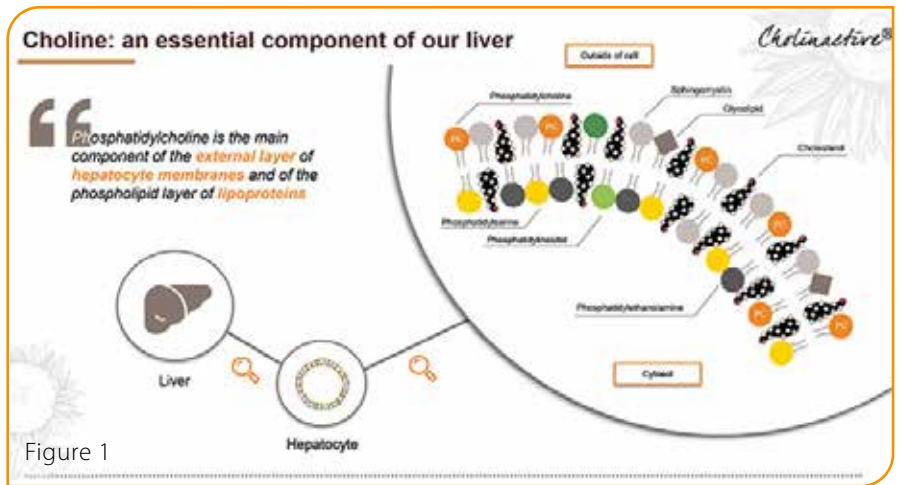
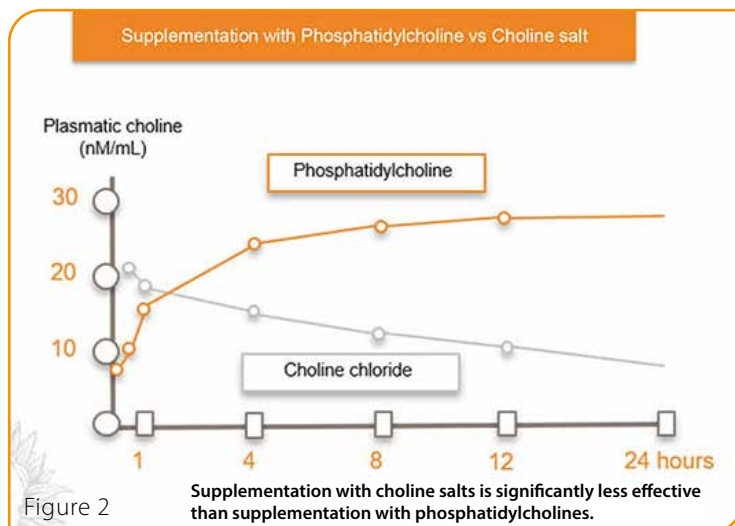


Figure 1 shows that phosphatidylcholines form the main component of the outer hepatocyte membranes and the phospholipid layer of lipoproteins.

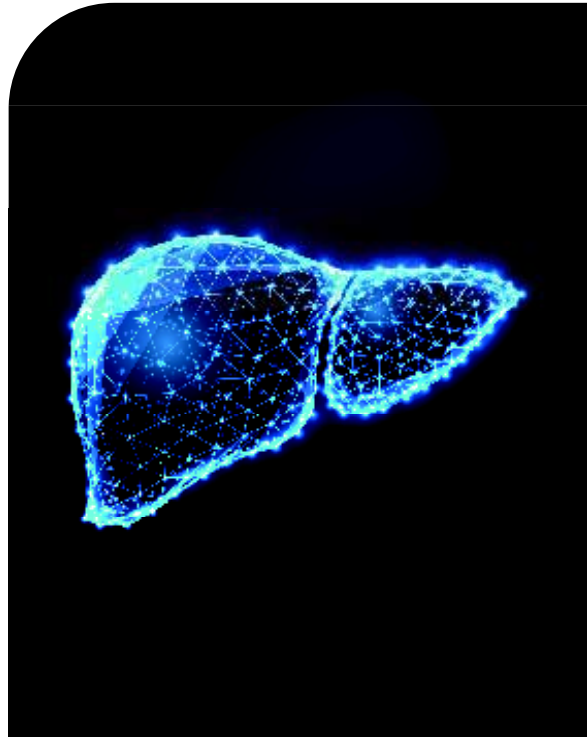
Phosphatidylcholine is an important source of choline for the liver, which can support the breakdown of fats. Because the liver cannot bind free choline, choline must be taken in with food. If it is not, then the body can develop a so-called fatty liver (steatosis). By synthesizing bile salts, phosphatidylcholine helps to improve digestion in the gut, remove fat from the liver, and thus prevent the onset of steatosis. It is common to take supplements in the form of choline salts, but their action is less effective than that of phosphatidylcholine (Figure 2).



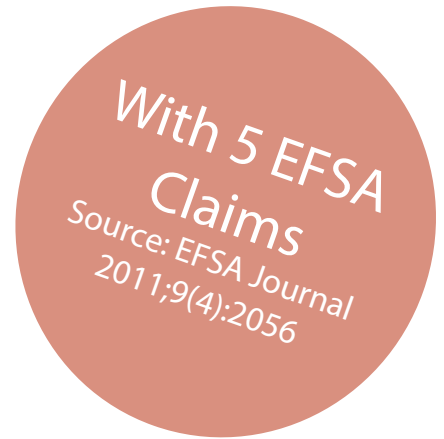


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Hyperhomocysteinemia is frequently associated with a higher risk of heart disease, since a high homocysteine level can lead to cardiovascular problems such as high blood pressure or atherosclerosis. In a two-week, placebo-controlled clinical trial with 26 male volunteers 50 to 71 years old homocysteine levels were reduced by 15% by taking 2.6 g of phosphatidylcholine per day.



Cholinactive is available in the following variants:

Trade name	Basis	Phosphatidylcholine content	Appearance
Cholinactive® F35	Soy Lecithin	35%	Liquid
Cholinactive® SUN F30	Sunflower Lecithin	30%	Liquid
Cholinactive® P20 IP and P30 IP	Soy Lecithin	20-30%	Powder
Cholinactive® SUN P30	Sunflower Lecithin	30%	Powder
Cholinactive® 50, 70, 90 IP	Soy Lecithin	50% / 70% / 90%	Wax
Cholinactive® SUN 50 and 90	Sunflower Lecithin	50% / 90%	Wax

Recommended dosage

In clinical studies, it has been shown that a daily intake of 82.5 mg to 100 mg of choline can lead to a normalization of homocysteine and lipid metabolism and maintenance of normal liver function. The prescribed doses are prerequisites for making an EFSA claim (EFSA Journal 2011;9(4):2056).

Pharmaceutical forms

Cholinactives in powder form are suitable for hard capsules, tablets, and sachets. The liquid form is suitable for soft gel capsules.

Distributed by

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