



BodyBio PC

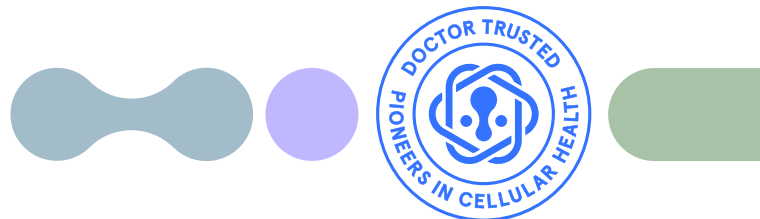
Supporting Cellular Integrity and Function

BodyBio PC (Phospholipid Complex) is a scientifically formulated supplement designed to restore and maintain cellular membrane integrity. Composed of phospholipids found in the cellular membrane, it serves as an essential building block, supporting optimal cellular communication, energy production, and detoxification processes.*

AVAILABLE FORMATS:

Liquid — 4oz, 8oz, 16oz

Softgels — 60, 100, 300



BENEFITS

Cellular Membrane Repair

Phosphatidylcholine is a critical component of the lipid bilayer in cell membranes, helping to repair damaged cells and ensure proper membrane fluidity.*

Supports Brain Health

Phosphatidylcholine is a precursor for acetylcholine, a neurotransmitter essential for cognitive function and memory.*

Enhances Detoxification

Aids liver function by enhancing bile flow, which is crucial for the elimination of toxins and fat metabolism.*

Mitochondrial Health

Improves mitochondrial membrane integrity, essential for energy production and cellular longevity.*

Anti-Toxin Protection

Acts as a primary defense against environmental toxins, maintaining cell health and reducing oxidative stress.*

TRUST POINTS

Contains a high concentration of pure phosphatidylcholine, along with other essential phospholipids, closely resembling the composition of phospholipids found in our cells.

Liposomal delivery enhances the bioavailability, stability, and targeted delivery of active compounds while minimizing side effects and improving cellular uptake.

Free from: Gluten and dairy.

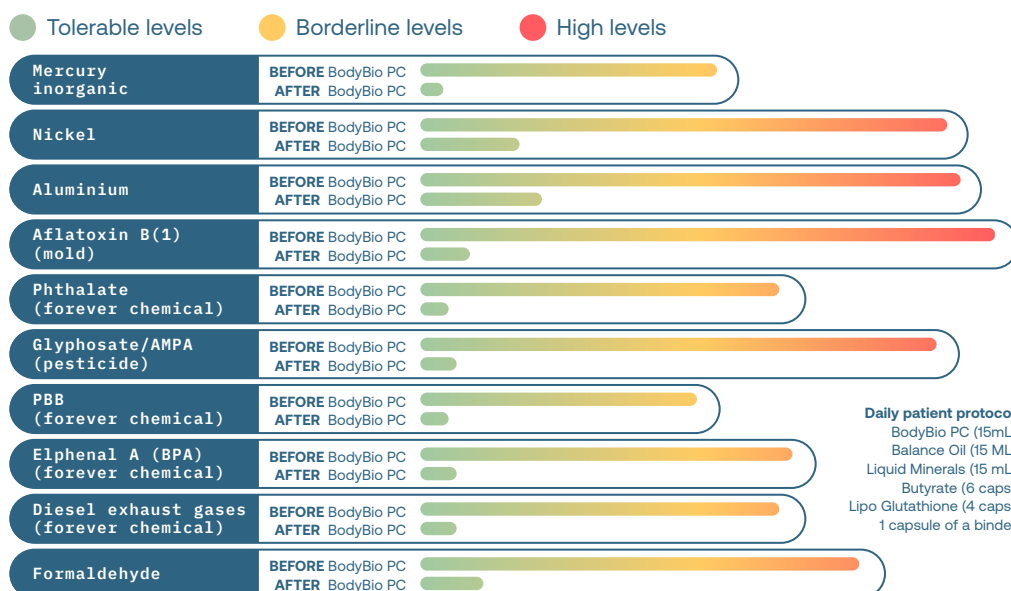
Allergen Statement: Derived from purified soy lecithin.

Backed by over 30 years of clinical use and scientific research.

EVIDENCE

Toxin Exposure Before/After BodyBio PC

Blood Test Markers Over 6 Month Period With Patient Taking 2 Tbsp BodyBio PC Daily



APPLICATIONS

Neurological Health

Beneficial for patients with cognitive decline, brain fog, or neurodegenerative conditions.*

Liver Support

Helps patients with liver dysfunction or those undergoing detoxification protocols.*

Gut Health

Improves intestinal lining integrity and supports gut-brain communication.*

Chronic Fatigue

Boosts mitochondrial function to help combat fatigue.*

SCIENTIFIC RATIONALE

Membrane Repair and Function

Research demonstrates that phospholipid supplementation enhances cell membrane fluidity and repair, thereby enhancing cellular communication, energy production, and detoxification processes.

Cognitive Support

Studies emphasize the role of phosphatidylcholine as a precursor to acetylcholine, offering notable benefits for memory and learning in patients with neurodegenerative conditions. Research has also shown that phosphatidylcholine can restore neuronal plasticity under inflammatory stress.

Liver Detoxification

Clinical trials show that phosphatidylcholine supports hepatic bile production and enhances bile flow from the gallbladder, aiding in the detoxification of heavy metals and other toxins.

Cholesterol Management

Phosphatidylcholine aids in the removal of plaque and helps regulate the cholesterol feedback system, reducing excessive buildup in the arteries. This process lowers the risk of blockages and enhances blood flow.

Mitochondrial Health

Phospholipid supplementation has been linked to improved mitochondrial function, enhancing energy production and reducing oxidative damage. In particular, phosphatidylethanolamine is the most abundant phospholipid in the inner membrane of the mitochondria, where ATP is generated.

Gut Health

Phosphatidylcholine is a key component of the mucous lining in the gastrointestinal tract. Research has shown that in patients with chronic active ulcerative colitis, supplementation with phospholipids significantly enhanced clinical remission rates and led to greater improvement in the clinical activity index compared to a placebo.

SUGGESTED USE

Take 2 softgels (or 1/2 tsp) daily with food or as directed by your healthcare practitioner.

Therapeutic Dose

For more intensive support, increase the dose up to 1-3 tablespoons (12-36 softgels) per day. This is especially helpful for addressing specific health concerns that require higher levels of phospholipids. The duration of the therapeutic dose depends on your healthcare provider's recommendation. We typically suggest using it for up to 6 months, after which a gradual reduction to a maintenance dose may be considered.

Alternative Dosing Methods

Single Dose: Take the total daily dose at once (1-3 tablespoons) for convenience.

Split Dose: For those on the upper end of the therapeutic dose, consider splitting between breakfast and lunch for better absorption and to minimize gastrointestinal discomfort.

For Sensitive Individuals

Gradual Increase: Start with ¼ tsp or 1 softgel and gradually work up to the full serving size.

Topical Application: For very sensitive individuals, PC can also be applied topically. You can start with a dot on your inner wrist.

Maximum Dose

The maximum recommended dose is 3-4 tablespoons or 36-48 softgels per day.

SUPPLEMENT FACTS

Liquid Variant

Serving Size: ½ tsp		
Servings: 39 (4 oz); 79 (8 oz); 158 (16 oz)		
Amount Per Serving		%DV**
Calories	15	
Total Fat	1.5 g	2%
Phospholipid Complex	1300 mg	†
**The % Daily Values (DV) are based on a 2000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Proprietary phospholipid complex (**soy** lecithin, organic cold pressed flaxseed oil, purified water, ethanol).

Softgel Variant

Serving Size: 2 softgels		
Servings: 30 (60 ct.); 50 (100 ct.); 150 (300 ct.)		
Amount Per Serving		%DV**
Calories	15	
Total Fat	1.5 g	2%
Phospholipid Complex	1300 mg	†
**The % Daily Values (DV) are based on a 2000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Proprietary phospholipid complex (**soy** lecithin, organic cold pressed flaxseed oil, ethanol), gelatin, glycerin, and purified water.

SCAN QR CODE
FOR REFERENCES

