

Lecithin Granules

DESCRIPTION

Lecithin Granules, supplied by Douglas Laboratories, is conveniently offered in the granular powder form to provide potent levels of phospholipids.

FUNCTIONS

Lecithin is a phospholipid composed of phosphatidyl esters (phosphatides), mainly consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine and phosphatidylinositol. Soybean lecithin typically contains around 24% phosphatidylcholine, 22% phosphatidylethanolamine, and 19% phosphatidylinositol. Lecithin also contains fatty acids, which are primarily omega-6 fatty acids and a small amount of omega-3 fatty acids.

Phospholipids are the major component in the membranes of the brain. Membranes are the working surfaces of every cell, carrying out the essential functions of cellular communication and hormonal signal transduction. Nerve cells, in particular, depend on healthy membrane function for normal neurotransmitter metabolism and nerve signal transmission. Choline, as a component of phosphatidylcholine, is used for synthesis and maintenance of normal cell membranes. Taking lecithin orally may increase serum choline, a precursor to the acetylcholine which supports memory.

In addition, lecithin can play a key role in the emulsification and mobilization of fats and cholesterol. Lecithin has Generally Recognized as Safe (GRAS) status in the US.

INDICATIONS

Lecithin may be a useful dietary supplement for individuals who wish to support cardiovascular or neurological health with phospholipids.

FORMULA (#7859)

Each serving contains (3 level tablespoons)

Pure lecithin (soya) granules	19, 400 mg
Supplying	
Phosphatidylcholine	5040 mg
Phosphatidylethanolamine.....	3880 mg
Phosphatidylinositol	2720 mg

SUGGESTED USE

Adults take 1-3 tablespoons daily with meals or as directed by a healthcare professional.

SIDE EFFECTS

Consuming large amounts (greater than 30 grams) of lecithin may cause upset stomach or diarrhea.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Lecithin Granules

REFERENCES

- Allegro L, Favaretto V, Ziliotto G. Oral phosphatidylserine in elderly patients with cognitive deterioration , an open study. *Clinical Trials Journal* 1987;24:104-108.
- Brambilla F, Maggioni M, Cenacchi T, Sacerdote P, Panerai AR. T-lymphocyte proliferative response to mitogen stimulation in elderly depressed patients. *J Affect Disord* 1995;36:51-6.
- Brambilla F, Maggioni M, Panerai AE, Sacerdote P, Cenacchi T. Beta-endorphin concentration in peripheral blood mononuclear cells of elderly depressed patients--effects of phosphatidylserine therapy. *Neuropsychobiology* 1996;34:18-21.
- Cenacchi T, Baggio C, Palin E. Human tolerability of oral phosphatidylserine assessed through laboratory examinations. *CLIN TRIALS J* 1987;24:125-130.
- Cenacchi T, Bertoldin T, Farina C, Fiori MG, Crepaldi G. Cognitive decline in the elderly: a double-blind, placebo-controlled multicenter study on efficacy of phosphatidylserine administration. *Aging (Milano)* 1993;5:123-33.
- Crook T, Petrie W, Wells C, Massari DC. Effects of phosphatidylserine in Alzheimer's disease *Psychopharmacol Bull* 1992;28:61-6.

For more information on Lecithin Granules visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**