Andrew Lessman’s PHOSPHATIDYL CHOLINE LIVER AND BRAIN BENEFITS provides a concentrated, stable source of the most important phospholipids essential for healthy brain and liver function. We focus on Phosphatidyl Choline (PC), since it is the predominant phospholipid in both the brain and liver and is now recognized by the FDA as an essential nutrient because of its important role and scarcity in our diet. PC is essential for the creation of all brain and liver cells, as well as the production of our most important neurotransmitter – Acetylcholine. PC is also required to produce the protective sheath for our brain and nerve cells. The human brain is extraordinary; yet, as we age, we all experience significant changes in memory and brain function. PC is a first line of defense to help support the retention of our brain’s remarkable abilities and combat those normal, age-related changes in memory, concentration and mental acuity. As vital as the brain is, the liver is arguably our hardest working organ and PC makes up two-thirds of its enormous surface area (almost 8 acres!) where it performs protein, fat and cholesterol metabolism, as well as processing all waste products (alcohol, medicines, etc.) and almost single-handedly doing all the “dirty” work required to maintain a healthy internal environment. Not surprisingly, the regenerative powers of the liver are unique among all internal organs and PC empowers the liver to rebuild and regenerate its hard-working tissues. In short, there is no more important building block to support and promote the health of our brain and liver than Phosphatidyl Choline (PC).