

# Sunflower lecithin

Lecithin belongs to a group of organic substances that are very important for the human body. Is a set of phospholipids of plant origin. Lecithin is actively involved in metabolic processes and is responsible for energy balance in the body.

Does not contain GMOs, yeast, dyes, flavors, gluten, sugar.

Contains vegetable fats 97.1

Caloric content of 100 grams: 915 kcal

Phospholipids are involved in almost all biochemical processes of the human body, but most of all they are involved in the formation of cell membrane structures - make the cell membrane mobile, elastic and permeable, because the cell membrane is 50% phospholipids.

## *Lecithin for the liver.*

Phosphatidylcholine is about 60% of the lipid layer of the membranes of liver cells - hepatocytes. Lecithin protects the liver membranes from destruction, enhances regeneration, restores already destroyed liver cells. Normalizes fat metabolism in the liver, enhances antioxidant properties and increases its detoxification functions. Lecithin increases the lithogenic index of bile and stimulates bile secretion, thereby preventing the formation of stones in the gallbladder and liver ducts.

## *Lecithin for blood vessels.*

Our blood vessels also consist of cells that have membranes that contain many phospholipids. Taking lecithin increases endurance, normalizes blood pressure and lowers the cardiovascular index - an indicator of reduced stiffness and increased elasticity of arterial walls.

## *Lecithin for blood.*

Phospholipids contained in erythrocyte membranes are responsible for the deformation (plasticity) of erythrocytes. While directly in the serum, phospholipids keep cholesterol in solution. Imbalance in the ratio of cholesterol and phospholipids is one of the reasons for the deposition of cholesterol on the walls of blood vessels.

## *Lecithin for the brain.*

The white matter of the brain is a nerve fiber covered with a myelin sheath. The lipid content in the membranes of myelin sheaths reaches 80%. The myelin sheath is similar to an insulating tape that insulates the fiber and provides rapid transmission of nerve impulses. Disorders of the myelin sheaths of the brain and spinal cord can cause diseases such as multiple sclerosis, age-related dementia, Alzheimer's disease, memory loss and others.

## *How does the body react to a lack of lecithin?*

The nervous system is the first to suffer from lecithin deficiency. Memory impairment, constant mood swings, decreased attention, and sleep disturbances are the main symptoms of lecithin deficiency in the body. Symptoms also include muscle weakness, premature fatigue, irritability, depression, indigestion, inability to eat fatty foods, frequent diarrhea and bloating. Insufficient consumption of lecithin, especially in childhood, causes a decrease in attention and learning ability.

## *The main positive properties of lecithin:*

- + Improves liver and kidney function, prevents the formation of gallstones, stimulates bile secretion in the body
- + Improves brain function
- + Needed for the production of acetylcholine - the main neurotransmitter in the transmission of neuromuscular impulses of the parasympathetic nervous system
- + Closely related to the neuroendocrine system - is involved in the production of myelin and a number of hormones
- + Used in the complex treatment of skin diseases - psoriasis, eczema, dermatitis
- + At physical and psychoemotional loadings constant stresses promote improvement of the general condition of an organism and a nervous system.
- + Reduces cholesterol and the concentration of fatty acids in the blood, helps clean the walls of blood vessels from cholesterol plaques
- + Helps the body absorb fat-soluble vitamins A, D, E, K.
- + Improves cognitive function
- + Activates the work of the gastrointestinal tract
- + Without it, normal fat metabolism is impossible
- + Has tonic properties that help the body cope with toxins
- + Diabetes reduces the body's need for insulin - strengthens the membranes of pancreatic cells, including beta cells, which are responsible for producing insulin.

## *Advantages of sunflower lecithin over soy:*

- + Raw materials are grown without the use of genetic modifications
- + Does not contain phytoestrogens, which is very important when taken by children and men
- + Less often gives allergic reactions

Lecithin should be started with a minimum amount, gradually bringing the dose to normal to monitor the body's response and eliminate individual intolerance.

## *Age requirements:*

For an adult 5 - 7 grams.

For children 1-4 grams.

\* teaspoon without slide contains 2 grams of lecithin

Take with caution and consult a doctor, people with gallstones.

Contraindications: individual intolerance to sunflower.

How to use: added to salads, cereals, yogurts, yogurts. For more comfortable individual use, you can dilute with a little water. The temperature of food with stirring should not exceed 40-45 (104-113F) degrees.

After opening, store at a temperature not exceeding 25 (77F) degrees with the lid tightly closed.

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