

Soya Lecithin-BOL35

Soya Lecithin-BOL35, a naturally occurring phospholipid found in soybeans, is crucial for cell membrane integrity and fluidity. This vital component of cell membranes plays a crucial role in maintaining cellular integrity, aiding in the absorption and transportation of lipids and nutrients.

Additionally, it serves as a precursor to acetylcholine, a neurotransmitter essential for memory, learning, and muscle function. While naturally present in soybeans and various sources, soy lecithin, a byproduct of soybean processing, contains the highest concentrations, is widely used in the food industry as an emulsifier, and is available as a dietary supplement.

Benefits:

- Supports liver health by promoting regeneration and reducing damage caused by alcohol and toxins.
- Enhances cognitive function, especially in memory and learning, through acetylcholine production.
- Improves cardiovascular health by reducing LDL cholesterol and increasing HDL cholesterol levels.
- Enhances exercise performance by reducing muscle damage and improving recovery time.