

# **Lecithin And Health: Brain Nutrients-Phosphatidyl Choline And Serine By Frank Orthofer**

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### **Lecithin and health | american nutrition**

Orthoefer, Frank, PhD, Lecithin and Health: Brain Nutrients Phosphatidyl Choline and Serine, Vital Health Publishing, P. O. Box 544, Bloomingdale, IL 60108, 1998.

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Brain Nutrients-Phosphatidyl Choline and Serine at by Frank Orthoefer. An excellent reference book on for information on Lecithin and it's health

### **Rich sources of nutrients - hypoglycemic health**

Nutrients are in alphabetical order Lecithin: Contains about 13% phosphatidyl choline, Essential in conversion of phosphatidyl choline to acetylcholine

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