

Autism Frequently Asked Questions

We are a highly specialized company with over 30 years of experience in highly purified phospholipids. It is all we do. And, this is why we remain the industry leader. The science behind PhosChol and purified phospholipids can at times be very complex. We are always available to answer any questions you may have. This is a very short list of FAQ's regarding PhosChol. Please do not hesitate to call should you require any additional information.

Q: What makes PhosChol different or better than other PC products?

A: PhosChol provides a 100 percent purified source of Polyenylphosphatidylcholine (PPC). It is the only orally available PPC product on the market. There are absolutely no other phospholipids in PhosChol that could compete for absorption and lower the therapeutic value of the primary active ingredient. Only PhosChol can deliver a therapeutic dose of 1,2 dilinoleoylphosphatidylcholine (DLPC) the main active component in PPC.

Q: Does it come in a liquid form?

A: Yes. PhosChol comes in an 8 oz. and 16 oz. bottle. An 8 oz. bottle contains 48 teaspoons. The average dose for a child under 80 pounds is approximately $\frac{1}{2}$ - $\frac{2}{3}$ teaspoon.

Q: How does the liquid taste?

A: There are no flavor additives in PhosChol. The liquid has a natural and slightly nutty flavor. If needed you can also mix PhosChol Liquid with an acidic juice or smoothie, oatmeal, applesauce etc.

Q: How much should I give my child?

A: The recommended adult dose is 1.8 grams to 2.7 grams per day or roughly 2 to 3 grams. This equates to 2-3 capsules per day or $\frac{2}{3}$ to 1 full teaspoon per day. For children under 80 pounds we recommend 1.8 - 2 grams per day which is equivalent to 2 capsules and $\frac{1}{2}$ - $\frac{2}{3}$ teaspoon per day. One capsule contains 900 milligrams of PPC and one teaspoon contains 3,000 milligrams of PPC. For best results we also recommend you split the dose in half and administer once in the morning and once in the evening.

Q: PhosChol is derived from soy, are there any problems with soy allergies?

A: No. The reason for this is the level of purity of PhosChol. Because PhosChol is so highly purified there are no residual soy proteins remaining in the preparation. We have had this question many times and to date we have not had any reports of an allergic reaction. PhosChol is non-allergenic.

Q: Are there any side effects?

A: PhosChol is very safe. The primary active ingredient PPC/DLPC has been used successfully for over 40 years, has been subjected to more than 400 clinical studies with approximately 15,000 patients and over 1,000 pharmacological investigations with no known side effects, contraindications, or interactions being reported. At extremely high doses (20 plus grams per day) or in the case of very sensitive bowel, flatulence, soft stool and/or diarrhea has been reported.

Q: How does PhosChol compare to an injectable PC?

A: PhosChol: contains 900mg PPC per capsule or roughly 450mg DLPC per capsule as its main active ingredient. We know from absorption studies with double-labeled DLPC that up to 52% of the DLPC is absorbed intact. PhosChol therefore, provides up to 225mg of bio-available DLPC per capsule. An oral application using a recommend dose of 2-3 capsules of PhosChol per day provides 450mg - 675mg DLPC and $\frac{2}{3}$ - 1 full tsp of liquid concentrate provides 500 - 750mg DLPC per day.

Injectable: one 5ml ampoule of an intravenous preparation of Essentiale or Lipostabil IV (or compounded equivalent) contains 250mg PPC or roughly 125mg of DLPC. This amount is injected without loss. Although it is possible to administer a maximum of 4 ampoules per day intravenously, the recommend dose per day is 2 ampoules, which provides up to 250mg of DLPC per day.