

Phospholipids: Properties and health effects [Fosfolípidos: Propiedades y efectos sobre la salud]

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Phospholipids are amphipathic lipids, which are found in all the cell membranes, organized as a lipid bilayer. They belong to the glycerol-derived lipids, showing a similar structure as triglycerides. The current interest of them comes from its effectiveness to incorporate different fatty acids in the cell membrane, as they exhibit better absorption and utilization than triglycerides. In this paper, the bibliographical data published about the benefits of the phospholipids in inflammatory processes, cancer, cardiovascular diseases, neurological disorders, liver disease and as an antioxidants transporter is reviewed. © 2015, Grupo Aula Medica S.A. All rights reserved.

Fatty acids

Phosphatidylcholine

Phospholipids

antiinflammatory agent

antineoplastic agent

antioxidant

phospholipid

protective agent

animal

drug industry

human

metabolism

Animals

Anti-Inflammatory Agents

Anticarcinogenic Agents

Antioxidants

Drug Industry

Humans

Phospholipids

Protective Agents