



# PS 100 (standardized phosphatidylserine)

## What Is It?

Phosphatidylserine is a phospholipid found in all cells, but is most concentrated in brain cells.\*

## Uses For PS 100

**Memory And Cognitive Function Support:** This familiarly called “brain nutrient” supports cognitive function, emotional well being and behavioral performance by restoring cell membrane composition. It has also been shown to support memory. In a double blind placebo-controlled multicenter study of 425 individuals, daily supplementation of phosphatidylserine over six months resulted in statistically significant support of behavioral and cognitive parameters. In another six-month study of 40 individuals, phosphatidylserine supplementation enhanced cerebral metabolism and outcomes of cognitive training. These findings are consistent with earlier studies. In a placebo-controlled investigation of 149 subjects, the group receiving phosphatidylserine scored higher than placebo in performance tests related to memory tasks of daily life. In a trial of 35 subjects, those receiving phosphatidylserine exhibited behavioral support after six months.\*

## What Is The Source?

Pure Encapsulations PS 100 contains 95-98% phosphatidylserine derived from soy. There is no detectable GMO material in this product. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 3 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### PS 100

#### each vegetable capsule contains



phosphatidylserine (min.) ..... 100 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

3 capsules per day, in divided doses, with meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.