

Phosphatidylserine

➔ The Moss Nutrition Professional Line ←

SUPPORT FOR HEALTHY COGNITIVE FUNCTION

Phosphatidylserine

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Phosphatidylserine (as Sharp•PS® GREEN)	300 mg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable cellulose (capsule), sunflower lecithin, maltodextrin (non-GMO), silica, vegetable stearic acid, calcium silicate.

Does not contain gluten.

SUGGESTED USE: 3 CAPSULES PER DAY, IN DIVIDED DOSES WITH MEALS, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

Sharp•PS® GREEN is a registered trademark of Enzymotec, Ltd.

- Researched support for memory and mental sharpness.*
- Vegan source phosphatidylserine as Sharp•PS® GREEN derived from soy-free, non-GMO sunflower lecithin.*
- Helps promote healthy brain, nerve & cognitive function.*

Phosphatidylserine (PS) is a naturally occurring phospholipid compound found in cell membranes throughout the body, notably in cerebral and neuronal cell membranes. PS helps provide structure and protection to cells and participates in diverse physiological functions—from blood coagulation and bone formation to cell growth regulation and cell-to-cell communication (cell signaling). However, phosphatidylserine is best known for its role in brain function. The highest concentration of PS in the human body occurs in brain tissue, where it has been shown to exert beneficial effects on learning, attention and memory.

Phosphatidylserine is required for optimal brain function and for the overall health of brain cells. In seniors, adults and children, it has been found to help

support and promote a wide range of brain-related activities including concentration, memory and word recall, verbal recognition, sustained focus, mental flexibility and performance on tasks.

A randomized, double blind clinical trial in children with attentiveness issues found that, compared to placebo, 200 mg of PS daily helped to significantly improve inattention, impulsivity and short-term auditory memory. A 2001 study in young adults found that those taking 300 mg of PS daily for one month experienced enhanced mood and reported less stressful feelings in response to a mental arithmetic challenge. In research on cognitive performance in healthy elderly patients with memory complaints, phosphatidylserine (as Sharp•PS™ 100 mg capsules, three times per day for 12 weeks) was found to help improve performance on a number of cognitive parameters including executive functioning, total learning and immediate recall. Phosphatidylserine also has been suggested to help support healthy blood pressure in seniors and healthy lipid composition in the aging brain, a possible mechanism for its observed benefits in helping to support and maintain healthy cognitive function in mature adults.

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

Phosphatidylserine has been shown to help blunt the release of cortisol in response to exercise and other stressors, leading to preliminary research on a possible role for PS in the field of sports medicine. In studies on cyclists, runners, soccer players and other athletes, PS has been suggested to help improve performance, help decrease muscle damage, and help to reduce the endocrine response to exercise.

Because phosphatidylserine is difficult to obtain from dietary sources, supplementation is considered the best way to increase levels of this valuable brain nutrient. Early studies on memory and cognition used a PS supplement isolated from bovine cortex; however, concerns about the potential transfer of infectious diseases led to development of a plant-based molecule, beginning with PS derived from soy lecithin. Our next generation, soy-free vegan **Phosphatidylserine** is provided as Sharp•PS® GREEN, a superior quality material derived from natural, non-GMO sunflower lecithin.

Phosphatidylserine should be taken with food—ideally with a meal containing healthy fats—in order to optimize absorption and uptake. Many experts also suggest taking it in conjunction with omega-3 fatty acids from fish oil (i.e. EPA/DHA) to help improve clinical outcomes. Research in children with attention disorders suggests that a combination phosphatidylserine and omega-3 supplement helped to decrease restlessness and impulsivity, and to improve mood and behavior regulation abilities. The supplement was safe and well tolerated with no negative impact on the children's growth or body weight. In elderly subjects, a 2010 double-blind, placebo-controlled trial showed that a combination of PS and DHA significantly improved learning ability and verbal immediate recall compared to placebo. This study also found that seniors with relatively good cognitive performance at baseline showed the most improvement, suggesting potential for a combination of phosphatidylserine and DHA supplements in helping to help maintain and enhance cognitive function in aging individuals. Consider taking **Phosphatidylserine** along with Moss Nutrition **DHA 710 Select™**, or any of our high quality fish oil supplements, for synergistic benefits.

REFERENCES

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