

PS (Phosphatidylserine) Caps

100 mg, 100 capsules

Item Catalog Number: 00368

Phosphatidylserine is required for normal cellular structure and function. Brain tissues are especially rich in phosphatidylserine (PS), but aging causes a decline in the PS content of cells throughout the body. Research has shown that in addition to improving neural function, PS enhances energy metabolism in all cells, memory, concentration, learning and word choice. In the brain, PS helps maintain cell membrane integrity and youthful synaptic plasticity.⁸¹⁻⁹⁰ A recent human study suggested chronic supplementation of phosphatidylserine significantly decreases cortical activity in the brain before and after induced stress, resulting in a more relaxed state.¹⁵⁸

Consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly.^{83,86,91} However, the FDA concludes that there is still little scientific evidence supporting this claim.

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Sharp•PS™ Phosphatidylserine (from soybeans)

100 mg

Other ingredients: rice flour, gelatin, vegetable stearate.

Contains soy. Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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Dosage and Use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

Caution

The genisten in soy can interfere with the ability of radiation to kill cancer cells, though there are contradictory studies on this issue. When undergoing treatment for cancer consult your healthcare practitioner before using this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Memory, Brain

your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.