



Phosphatidylserine (PS), is a special nutrient that helps improve memory and cognitive function in most people, but especially older people. Our bodies need essential fatty acids and phosphatidylserine contains the essential fatty acid called phospholipid. This fatty acid is needed to build brain cell membranes that are fluid enough to release the neurotransmitters acetylcholine and dopamine.

Benefits

- Helps with age-related cognitive decline such as memory loss
- Strengthens memory
- Relieves symptoms of depression
- Decreases stress
- Speeds recovery and reduces muscle soreness in athletes

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
 Servings Per Container: 90 / Portions par contenant : 90

Amount / Quantité	Per serving / par portion
Phosphatidylserine (min. 20% standardized extract) / Phosphatidylsérine (Min. 20% d'extrait standardisé)	100 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **PHOSPHATIDYLSERINE** with food, 3 times a day or as directed by a qualified health care practitioner. Store in a cool and dry place.

Utilisation recommandée : Prendre 1 portion de **PHOSPHATIDYLSERINE** avec un repas, 3 fois par jour ou comme dirigé par un praticien qualifié des soins de santé. Conserver dans un endroit frais et sec.

Risk Information: Do not use if you are pregnant or nursing. For adult use only, keep out of reach of children.

Informations sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitez. Usage pour adultes seulement. Garder hors de la portée des enfants.

Phosphatidylserine- 100 mg 90 Caps 8-7084700024-8