



Phosphatidylserine

Helps support cognitive function and learning*

Form: Softgels

Flavor: no flavor

Size: 60 Softgels

Phosphatidylserine is an important phospholipid in the brain and key building block of nerve cell membranes. Research suggests phosphatidylserine may support mental focus and help support a healthy endocrine response to acute mental stress.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Softgel	
Servings Per Container	60	
Calories	10	
Total Fat	1 g	1%*
Saturated Fat	1 g	5%*
Phosphatidylserine (from sunflower lecithin)	150 mg	**

Other Ingredients: Medium-chain triglycerides, softgel shell (gelatin, glycerin, purified water), contains 2% or less of silica, mixed tocopherols (antioxidant), and ascorbyl palmitate (antioxidant).

Directions: Take one softgel twice daily with food or as directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

Warning: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

Caution: May be associated with mild gastrointestinal distress or temporary insomnia.

Storage: Store in a cool, dry place.

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.