# **PHOSPHATIDYL SERINE/DHA OPTIMIZED** For Enhanced Mental Acuity and Memory

ost of us are terrified of normal, age-related mental decline, and many feel that there's nothing that can be done to prevent it. But mental fragility in old age is not a foregone conclusion or a matter of luck. There are positive steps that can be taken to enhance brain function throughout life.



SOURCE MATURALS

PHOSPHATIDYL SERINE DHA OPTIMIZED FOR ENHANCED MENTAL ACUITY AND MEMORY\* 100 MG + CAPSULES

PHOSPHATIDYL SERINE/DHA OPTIMIZED (P-S/DHA) supports memory, learning, comprehension, word recall: all of the higher brain functions. It also may decrease minor anxiety and occasional stress. Based on the chemistry of naturally-occurring phospholipids already in your body and DHA, an omega-3 fatty acid, P-S/DHA may boost the brain and its functions. This unique formula conjugates soy-derived P-S with DHA from fish to resemble the fatty acid profile seen in animal forms of PhosphatidylSerine.

P-S/DHA plays a role in three SystemiCare<sup>™</sup> metabolic systems; Cells/DNA, Metabolism/Hormones, and Cognition/Nerves.



Strategies for Wellness<sup>™</sup>

#### **Meet the Phospholipids**

Mental function depends on the transmission of electrical impulses—messages being passed from one nerve cell (neuron) to another. One group of substances that enables the cells to conduct that electrical communication are specialized fat molecules called phospholipids.

Fats come in a number of different forms. One is the fat we all know, the triglycerides that are either broken down and burned in the mitochondria for energy or stored for future use as body fat. Then there are the phospholipids. These differ from other fats in both structure and purpose. Whereas triglycerides have three chains of fatty acids on a glycerol molecule, phospholipids have a phosphate molecule attached to the glycerol and two fatty acid chains. These are not stored or burned for energy. Phospholipids are molecular building blocks for the cell membranes, the double-layer outer membranes of individual cells. This bi-layer membrane is the covering of every human cell.

Most importantly for the brain, phospholipids help conduct electrical impulses from one cell to another, enabling thoughts, reactions, memory, and all of the brain's highest functions. Phosphatidyl serine is one of the most important phospholipids in the brain.

P-S enhances all of the brain's higher functions by improving neuron-to-neuron, cellto-cell communication. The studies show a fundamental fact: the more P-S in the neural cell membranes, the better performance and function of the brain.

In PHOSPHATIDYL SERINE/DHA OPTI-MIZED, P-S from soy is conjoined with DHA from fish. This replicates our natural, healthy neuron membranes. In the human brain, DHA is one of the most prevalent fatty acids and it is often attached to the PS



molecule—the compounds naturally work together.

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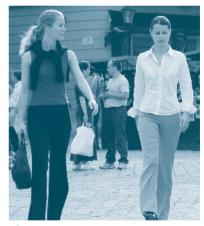
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P-S/DHA delivers a compound that closely resembles the natural state of our neuron's membranes.

## Additional Benefit: Natural Stress Relief

Stress seems to be an inescapable element of modern life, but often our bodies need help mediating and dealing with the effects of stress. As an additional benefit, P-S can help inhibit cortisol production, reducing stress and enabling improved brain function and the health of the entire body.

Phosphatidyl Serine supports memory, learning, and other lifelong cognitive functions and it naturally relieves stress. Source Naturals PHOSPHATIDYL SERINE/DHA OPTIMIZED is manufactured with a special encapsulation process that gives the product a long shelf life and high stability, for a well-nourished, active brain.



#### References

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