

# PHOSPHATIDYL SERINE/DHA OPTIMIZED

## For Enhanced Mental Acuity and Memory



Most 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.



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™ metabolic systems; Cells/DNA, Metabolism/Hormones, and Cognition/Nerves.



*Strategies for Wellness*™

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.

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.

In PHOSPHATIDYL SERINE/DHA OPTIMIZED, 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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### Additional Benefit: Natural Stress Relief

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.



Crook, T, et al. (1992) Effects of phosphatidylserine in age-associated memory impairment. *Neurology*, 41 (5): 644-649.



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