

PhosSerine® Complex

Sunflower Lecithin Base

PhosSerine® Complex contains phosphatidylserine and phosphatidic acid, structural and functional components of the inner layers of cell membranes in plants, animals and other life forms. They are also involved in signal transduction activity. Research indicates that phosphatidylserine may enhance cognitive activity.* PhosSerine® Complex is extracted from non-GMO sunflower lecithin with the aid of a cabbage enzyme.



#72571
90 vegetarian capsules

Key Features

- A key component of cell membranes throughout the body
- May support acetylcholine production and release*
- May enhance neurotransmitter and central nervous system signal transduction*
- Potentially supports cognitive, memory, mood and learning functions*



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PhosSerine® Complex is obtained from non-GMO sunflower. Phosphatidylserine is a phospholipid that was originally isolated from bovine brain lipids, and then was mostly derived from soybeans. Phosphatidylserine is comprised of two fatty acid molecules and the amino acid L-serine linked to a glycerophosphate skeleton. Bovine source phosphatidylserine contains mainly saturated and monounsaturated fatty acids, whereas the fatty acids found in sunflower-derived (or soy-derived) phosphatidylserine are mostly polyunsaturated.

Animal studies show phosphatidylserine supports synthesis and facilitates release of acetylcholine. Exogenous phosphatidylserine can cross the blood-brain barrier, where it may support healthy dendritic spine density of pyramidal cells in the hippocampus.* It may also stimulate calcium uptake into brain synaptosomes, and activate protein kinase C.* It has been shown to enhance neurotransmitter and central nervous system signal transduction.* Human studies support phosphatidylserine's potential to support and enhance cognitive, memory, mood and learning functions.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Phosphatidylserine (sunflower)	100 mg †
Phosphatidic Acid (sunflower)	90 mg †
Other Phospholipids (sunflower)	35 mg †

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, rice hull concentrate, gum arabic, sunflower oil.

Suggested Use: As a dietary supplement, 1 capsule three times daily with meals, or as directed by a healthcare practitioner.

References:

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