

# Phosphatidylserine

## PRODUCT INFORMATION

*Phosphatidylserine, a component of many foods, is crucial for stimulus transmission between brain cells. When administered orally, it is rapidly absorbed and is able to cross the blood-brain barrier.*

### Basics:

Phosphatidylserine is a member of the phospholipid group - compounds that serve as anchors, so to speak, for proteins within cell membranes. Such protein molecules fulfil various important tasks as receptors, enzymes and for selective substance transport through the membrane. The saying "a rolling stone gathers no moss" also applies to the brain. Memory training as well as active participation in social life, as opposed to withdrawal and disinterest, are crucial lifestyle factors that contribute to maintaining optimal brain performance into old age. In addition, known neurotoxins, such as cigarette smoke and excessive amounts of alcohol, should be avoided.

Phosphatidylserine is found in many foods - both animal and plant. Animal foods containing phosphatidylserine include egg yolks and dairy products. Corn, soy, sunflower seeds and rapeseed are important plant foods that contain phosphatidylserine. The body of young people is able to synthesise this important building block, phosphatidylserine, in part by itself. With increasing age, the ability to synthesise this substance decreases, so that the risk of a deficiency increases from around the age of 45. A conscious, regular diet with foods rich in phosphatidylserine from the age of 45, together with a sensible and active lifestyle, is a suitable preventive measure for maintaining mental performance into old age.

If the absorption of phosphatidylserine through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

### Ingredients:

#### One capsule contains:

300 mg Plant-Based Phosphatidylserine (from GMO-free soya beans)

#### Other ingredients:

Rice Flour, Magnesium Stearate, SiO<sub>2</sub>, Tricalcium Phosphate

The product is vegetarian, gluten-free, lactose-free, not genetically modified.  
Capsule shell vegetarian.

### Recommended consumption:

In normal cases, take 1 capsule daily with breakfast and plenty of fluid.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for self-medication. Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease."  
Errors and typographical errors excepted. VBX-1-24

### Phosphatidylserine-Product groups

 Brain and Memory

 Depression and Moods

Manufacturer



by LHP Inc.

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