Product Indications: May promote increased brain function, memory, concentration, and may help in managing cortisol levels.

Clinical Considerations
Phosphatidylserine is the only brain ingredient granted a qualified health claim by the FDA. A naturally occurring phospholipid, phosphatidylserine (PS) is a crucial building block of cell membranes, ensuring their fluidity, structure, and ultimately their function. New research has revealed that the cell membrane is the master controller of signal transmission, telling the cell what to do in response to the environment; and the cell membrane relies on sufficient supplies of PS to function. It is no wonder, then, that several double-blind, placebo-controlled trials on patients with Alzheimer’s disease have suggested that PS improves cognitive performance. Unfortunately, PS is highly unstable and prone to degradation. Our PS is uniquely stabilized to prevent degradation and maximize its effectiveness.

Phosphatidylserine is supported by a wealth of research showing that it:

- Decreases the loss of brain cells and reduces the risk of cognitive dysfunction
  In laboratory animals, PS has been shown to decrease the age-related loss of brain cells that are important for learning and memory. Researchers suggest that phosphatidylserine may delay mental decline when taken before the onset of Alzheimer’s disease.

- Helps slow down age-related cognitive decline
  Several multi-center, double-blind, placebo-controlled trials have demonstrated that PS improves some types of mental performance in patients with Alzheimer’s disease. PS supplementation has also been shown to help with milder forms of cognitive dysfunction, enhancing attention and memory in patients with senile mental deterioration, and improving memory, concentration, and word recall in those with age-related cognitive decline.

- May “turn back” the aging process
  Perhaps most impressively, research has indicated that PS may “turn back” the aging process. When elderly adults supplemented with 300 mg of PS per day, they experienced profound improvements in memory after 12 weeks. In fact, the improvement in ability to remember names amounted to an age “reversal” of 13.9 years.

Dosing Recommendations
As a nutritional supplement, take 1 perle one to three times daily, or as directed by your health care professional.
Phosphatidylserine 100 mg
Phosphatidylcholine 25 mg
Phosphatidylethanolamine 2.5 mg

Phosphatidylserine (PS) is a naturally occurring phospholipid that is especially concentrated in the brain, where it works to maintain healthy cell membrane function and proper release and reception of neurotransmitters. Supplementing with PS may promote increased brain function, memory, and concentration. PS may also help as a sleep aid by blunting increases in cortisol.}\(^1\)\(^2\)

Unfortunately, phosphatidylserine is highly unstable and therefore prone to degradation. Several shelf-life studies performed by independent laboratories showed nearly 20% material degradation within 18 weeks. To overcome the stability issue, Professional Formulas’ Phosphatidylserine is manufactured using an exclusive fluid dispersion that ensures stability. Shelf-life studies performed by an independent laboratory found that even after 24 months, the phosphatidylserine in Professional Formulas’ formula showed no degradation. The result is a highly efficacious and bioavailable product to support your patients’ cognitive function and/or cortisol management.

Other ingredients: Gelatin, glycerin, polyglycitol syrup, and purified water. Unless specifically listed, this product contains no sugar, starch, salt, preservatives, artificial flavors or additives, and no corn, wheat, yeast, gluten or milk derivatives.

4 Crook T, et al. 1992