

Phosphatidyl Serine

FastBraiiin Supplements LLC

Nutritional support to improve symptoms often associated with attention, focus, memory and cognition. May reduce stress and the risk of dementia.**

Ingredients: Phosphatidylserine 20%.

Mechanism of Action: Phosphatidylserine (PS) is a naturally occurring phospholipid that is concentrated in tissue with high metabolic activity, especially in the brain. It is found in the cell membrane and modulates activity of signaling molecules, enzymes, receptors and ion channels. It influences numerous neurotransmitters such as acetylcholine, dopamine, serotonin and norpepinephrine. Improves memory and cognition and decreases stress. Reduces cortisol levels in the body thus decreasing irritability and nervousness and attention and focus related symptoms.

Therapeutic uses: attention, focus and memory, decrease irritability, nervousness and negative mood.

Dosage: Ages 4-18 years old 200mg a day, best is 100mg 2 times a day; for over 18 up to 200mg 4 times a day. To help reduce stress and cortisol levels in adults, dosages should be at 600-800mg a day. Recommended to be taken in conjunction with DHA Optima.

Drug interactions: None

Adverse reactions: Uncommon to have any side effects, if taking very high dosages can get nausea and stomach pain.

**** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**