

Phosphatidylserine

Phosphatidylserine is crucial for the transmission of impulses between brain cells. A deficiency can manifest itself from age 45 onwards, and can negatively affect memory and the ability to concentrate.

Basic Facts

Phosphatidylserine is a member of the phospholipid group – compounds that serve as quasi-anchors for proteins within the cell membranes. Such protein molecules fulfill various important tasks as receptors, enzymes and to selectively transport substances through the membrane.

Phosphatidylserine is an essential building block of the cell membrane and plays an important role in the transmission of impulses between nerve cells. Its relative deficiency in old age is a frequent cause of reduced memory, low mood and an inhibited capacity to think clearly. Therefore, supplementing with phosphatidylserine can provide relief from these symptoms.

The saying «those who are idle stagnate» also applies to the brain. Memory-training exercises as well as active participation in social life, as opposed to withdrawal and indifference, are decisive lifestyle factors that help to maintain healthy brain performance into old age. Furthermore, known neurotoxins, primarily cigarette smoke and excessive amounts of alcohol, should be avoided.

Young peoples' bodies are capable of synthesizing sufficient amounts of the important building block phosphatidylserine, which is found only in trace amounts in food. With advancing age, this ability to synthesize phosphatidylserine wanes, so that beginning around age 45, the risk of a phosphatidylserine deficiency increases. Regular supplementation of phosphatidylserine from age 45 on, along with a sensible and active lifestyle, is an appropriate preventative measure for mental fulfillment into old age.

Effects

Phosphatidylserine is present in large quantities primarily in the white matter of the brain, which largely consists of cell membranes of supporting cells that serve as insulation for nerve fibers. But it also plays an important role in the membranes of the nerve cells themselves. The membranes must maintain a certain consistency for an undisturbed transmission of impulses between individual cells.

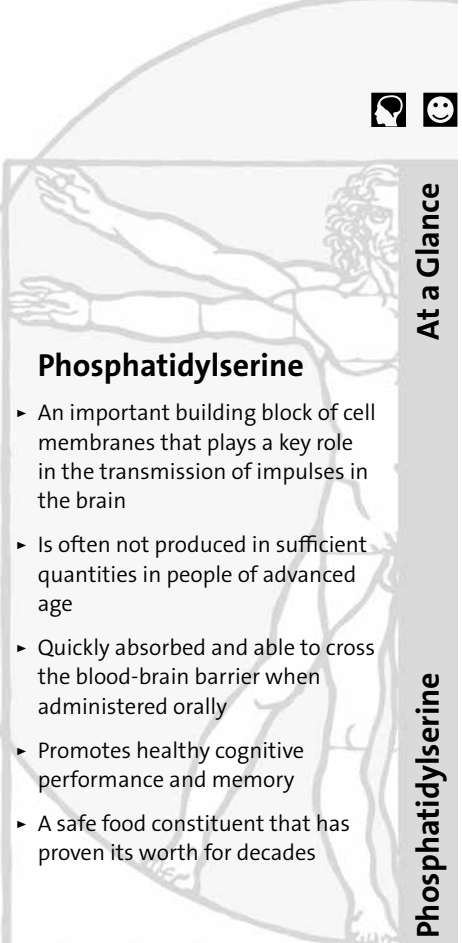
Because of its key role in the transmission of impulses in the brain, it is not surprising that a phosphatidylserine deficiency leads to an impairment of brain function, which may manifest as a decreased capacity to think, reduced memory and low mood. Thus, particularly in cases of certain conditions of advanced age characterized by low mood and cognitive degeneration, the administration of phosphatidylserine has proven to be an impressive success.

Numerous studies have also investigated the effect of phosphatidylserine in certain common forms of dementia. In these patients, cognitive impairment progresses quickly and drastically. As the condition progresses, more and more brain cells die, and as the neuronal network loses more capacities, symptoms worsen dramatically.

As a consequence, patients suffering from a progressed stage may often have only 20 percent of their nerve pathways remaining. Thus, not only does the capacity to think worsen, but a massive personality change entailing reduced emotional control may also occur. One of the first double-blind studies involving phosphati-

dylserine examined 35 hospitalized men and women between ages 65 and 91 years. All the patients experienced the reduced memory and decreased capacity to think that is characteristic of this common form of dementia.

The patients were examined at the beginning of the study, after one week and after six weeks, as well as three weeks after the end of the treatment phase. Using the Crichton Rating Scale – a standardized scale – orientation, communication, cooperation, agitation, mobility and mood were recorded, as were continence, dressing and nutritional and sleep patterns. The results



At a Glance

Phosphatidylserine

- ▶ An important building block of cell membranes that plays a key role in the transmission of impulses in the brain
- ▶ Is often not produced in sufficient quantities in people of advanced age
- ▶ Quickly absorbed and able to cross the blood-brain barrier when administered orally
- ▶ Promotes healthy cognitive performance and memory
- ▶ A safe food constituent that has proven its worth for decades

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indicated that when phosphatidylserine was taken, all investigated parameters improved.

Obviously, a complex pathologic process whose exact causes are still not fully established cannot be cured by the administration of a single cell-membrane-building substance. Still, the administration of phosphatidylserine elicited significant benefits to brain performance, particularly at an early stage of the degenerative process. This underlines the importance of this substance and the fact that its deficiency plays a role even in health conditions that are so frequent and circumscribed.

Uses

In principle, all adults aged 45 and older may profit from the intake of phosphatidylserine. Studies show that it is particularly older adults who are already tending towards a marked reduction of cognitive abilities, such as memory and learning ability, who can achieve clear improvements with this substance. It is therefore recommended that for preventative purposes, phosphatidylserine be taken from age 45 on. This also applies to people who have not yet noticed an impairment in brain performance.

To treat age-related states of phosphatidylserine deficiency which can lead to **mood disorders**, an **impaired capacity to think** and a **decline in memory**.

As a supportive measure in the early forms of **certain forms of dementia**.

Composition

One capsule contains 300 mg plant-based phosphatidylserine complex (from non-GMO soybeans).

Other ingredients: rice flour, tricalcium phosphate, magnesium stearate, SiO₂.

Dosage

In normal cases, take 1 capsule a day with breakfast with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

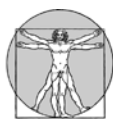
Phosphatidylserine Product Groups

Phosphatidylserine can be found in the following product groups (www.vitabasix.com):

 **Brain & Memory**

 **Depression & Moods**

Manufacturer:



VitaBasix[®]

by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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