

Phosphatidyl Serine



Brain Revitalizing Nutrient

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Phosphatidyl serine (PS) is a nutrient essential for optimal brain function. Because PS is crucial for the overall health of brain cells, research on PS has shown that it benefits a wide range of brain activities.¹ There are no foods rich in PS, except for brain (which is not recommended as a food!), so PS supplementation is the only way to increase your levels of this valuable brain nutrient. The body can make PS, but in far from optimal quantities, and less as we age.

HOW PS BENEFITS MEMORY AND RECALL

Memories are formed when a group of brain cells—neurons—talk to each other. Together, neurons create a memory of an event, such as where the keys are, where you put the remote control, or where you parked the car. In order for memories to be both formed and recalled, neurons must talk to each other. Without PS, such communication among neurons is difficult if not impossible. With PS, neurons communicate more effectively. That is why PS has such positive effects on memory, recall, and overall brain function.

HELPING AGE RELATED MEMORY LOSS

As we age, most of us lose some memory function. PS may help to reverse or slow this process.² Seventy-five patients with age-related memory impairment were given 300 mg of PS per day for 12 weeks. PS led to improved performance tests related to learning and memory tasks of daily life.³ Another study of thirty-three patients with dementia showed equally promising results. This 8 week study of 300 mg per day of PS showed that PS can significantly improve overall brain wellness in those with dementia.⁴

SLOWING ALZHEIMER'S DISEASE

Alzheimer's disease is a debilitating ailment that destroys the memory of older adults. While there is no cure for Alzheimer's, nutrients like PS may help slow the progression and even reverse some of the symptoms of this disease.⁵⁻⁷ Eighteen patients with Alzheimer's disease given 400 mg of PS per day for 6 months experienced a wide range of positive effects on memory and recall.⁸ Twenty-five patients with Alzheimer's disease given 300 mg of PS for 12 weeks also saw improvements in brain function. This study also showed that PS may have the most benefit when given in early stages of Alzheimer's.⁹

RELIEVING DEPRESSION

The effects of phosphatidyl serine on cognitive, affective and behavioral symptoms were studied in a group of 10 elderly women with depressive disorders. Patients were treated with placebo for 15 days, followed by PS at 300 mg/day for 30 days. PS induced consistent improvement of depressive symptoms, memory and behavior.¹⁰

HOW TO TAKE PS

As with any brain energizing nutrient, PS is best avoided near bedtime as it may prevent sleep. It is best taken with or before breakfast and lunch. If you are taking PS to treat any medical condition, or are taking medications, especially psychotropic medications, it is advisable to take PS with the guidance of your health care practitioner. PS is derived from soy, and is suitable for vegetarians. The beneficial level of intake of PS according to human research is anywhere from 100-800 mg per day. Most studies in humans where PS has been used to optimize brain function used 300 mg of PS per day. After an initial loading phase with PS, long term supplementation at 100 mg per day may be sufficient for most adults to maintain optimal brain levels of PS.

References

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Benefits of Phosphatidyl Serine

- Improves Mental Focus
- Relieves Depression
- May Help Seasonal Affective Disorder
- Improves Quality of Life in Alzheimer's Patients
- Helps Prevent Age-Related Memory Deterioration