

Phosphatidyl Serine 100mg

With Zinc

Presentation

A yellow oval coated tablet.

Each tablet delivers:

| | |
|---------------------|-------|
| Phosphatidyl Serine | 100mg |
| Zinc (as Oxide) | 5mg |

Tableted with:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin, Zinc Oxide).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8539



Uses

Lamberts® Phosphatidyl Serine uses the highest quality, pure phosphatidyl serine (PS) derived from soya. As a phospholipid high concentrations of PS are found in brain and nerve cell membranes and maintaining these delicate structures is essential for normal neurotransmission. Unfortunately, modern diets especially that of the low fat or vegan type can deprive the body of sufficient PS levels. Consumption is thought to have dropped from an average 250mg to between 100-180mg daily.

Zinc is also included in the formula as this has been shown to contribute to normal cognitive function. Research has shown that the elderly population suffer the highest rates of cognitive deterioration, in particular memory.

Recommend to adults of all ages striving to maintain normal cognitive function.

Usage and administration

3 tablets daily for the first 4 weeks, thereafter, 1 tablet daily for maintenance purposes. These tablets are best taken with a meal.

Allergen advice

Contains Soya.

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

