

**USAGE:** Take 1 capsule up to 3 times per day with a meal or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Phosphatidylserine (PS)** is a natural phospholipid that is an essential component of cell membranes.\* Cogni-PS® promotes brain function by helping maintain neuronal membrane fluidity (cell-to-cell communication), which is associated with cognition, mental performance, attentiveness and reaction time.\* PS protects against stress-induced activity, reducing the action of cortisol (catabolic stress hormone).\*

Cogni-PS® is a concentrated form of phosphatidylserine that offers superior stability.

**Keep out of the reach of children.**

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

Phosphatidylserine

**PS100**

Promotes Brain Function\*

100  
MILLIGRAMS

60  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
Phosphatidylserine (PS)	100 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, silicon dioxide and magnesium stearate (vegetable source); natural mixed tocopherols and ascorbyl palmitate added to maintain freshness. Capsule consists of gelatin.

**Contains:** Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

07517PSCAP PROD # 116019

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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