

**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.**

**Store in a cool, dry place.**

\* 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**  
F O R M U L A S

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 bovine gelatin.

**Contains:** Soy.

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

10418PSCAP PROD # 116019

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