

PRODUCT INFORMATION:

One capsule typically provides:

Phospholipid complex	minimum 500mg
Containing:	
Phosphatidyl serine	105mg
plus	
Phosphatidyl choline	52.5mg
Phosphatidyl ethanolamine	17.5mg
Phosphatidyl inositol	5mg

INGREDIENTS: Phosphatidyl serine enriched **soya** lecithin; vegetarian capsule; hydroxypropyl methylcellulose; antioxidant: mixed tocopherols (natural vitamin E).

This product contains certified non GM phosphatidyl serine from non GM **soya**, grown from identity preserved (IP) seeds. (Allergens in **bold**)

FREE FROM: Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, starch, sugar, wheat, yeast.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

PHOSPHATIDYL SERINE



45 capsules
vegetarian and vegan

**PHOSPHATIDYL SERINE
FOOD SUPPLEMENT - 45 CAPSULES**

- ✓ Phosphatidyl serine is a phospholipid found in all cells of the human body with higher concentrations in the brain cell membranes
- ✓ Phospholipids make up around 60% of total brain lipids

DIRECTIONS: Adults take 1-3 capsules (children 8 and over 1 capsule) a day preferably in the morning with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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