

**SUGGESTED USE** Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Andrew Lessman  
Founder of PROCAPS LABS

**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200**  
**www.PROCAPSLABS.com**



**PROCAPS**  
LABORATORIES




**ALL-SOLAR**  
MANUFACTURING

430 Parkson Road  
Henderson, NV 89011


# PHOSPHATIDYL SERINE-PS BENEFITS™

NERVOUS SYSTEM SUPPORT  
COGNITIVE SUPPORT • STRESS SUPPORT





**PROCAPS**  
LABORATORIES



**ALL-SOLAR**  
MANUFACTURING

240 Easy-to-Swallow Capsules

**Andrew Lessman's PHOSPHATIDYL SERINE-PS BENEFITS** provides a concentrated, stable source of Phosphatidyl Serine, an important phospholipid in all cell membranes of the body. Since Phosphatidyl Serine can only be found in very small amounts from dietary sources, we provide 100 mg of this very important nutrient. Phosphatidyl Serine plays a vital role in a multitude of processes throughout the body, including the health of the brain and nervous system, the integrity of cell membranes and the formation of other important phospholipids. Phosphatidyl Serine is found in highest concentrations in the brain and nervous system, where it plays a distinct and separate role from Phosphatidyl Choline, and is essential for nerve cell function and the production and release of neurotransmitters. Phosphatidyl Serine has been shown in numerous studies to help support positive mood, promote learning and concentration, help support memory and overall cognitive function and also help support the body's natural response to certain forms of stress. We also include high levels of the B-Complex vitamins and Vitamin C for additional support of the nervous system and because these nutrients are easily depleted during times of stress.

As we proceed through life, we are exposed to a multitude of stressful experiences and as we age, our memory and mental capabilities decline. This is a normal part of living and our **Phosphatidyl Serine-PS Benefits** is designed to help support our body's normal and adaptive stress response while supporting mental clarity, memory and cognitive function.

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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.

**CONTAINS NO ADDITIVES OF ANY KIND.**

Supplement Facts		
Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	60 mg	100%
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	50 mcg	13%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Pantothenic Acid (as calcium pantothenate)	5 mg	50%
Calcium (as carbonate/ascorbate/pantothenate)	60 mg	6%
Magnesium (as magnesium oxide)	80 mg	20%
<b>Phosphatidyl Serine</b>	<b>100 mg</b>	<b>†</b>
* Percent Daily Values (%DV) based on a 2,000 calorie diet. † Daily Value not established.		

Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.