

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

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, 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.

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, magnesium stearate (vegetable source) and gamma tocopherol. Capsule consists of gelatin.

Contains: Soy.

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

04414PSCAP PROD # 116019



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Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
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www.Jarrow.com

Lot #: Best Used Before:

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