

Solgar®'s Phosphatidylserine 200 mg Softgels are a premium brain health supplement derived from natural sources.\* Phosphatidylserine levels in the brain can decline with age, so it is important to supplement daily, helping replenish this nutrient that is naturally found in brain cell membranes, to aid brain 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.

Carefully Manufactured for:  
Solgar, Inc.  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)  
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# PHOSPHATIDYL- SERINE 200 MG

SUPPORTS A HEALTHY MIND\*

GLUTEN, WHEAT & DAIRY FREE

60 SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Softgel

| Amount Per Serving | %DV      |
|--------------------|----------|
| Calories           | 10       |
| Calories from Fat  | 5        |
| Total Fat          | 1 g 2%** |

Phosphatidylserine 200 mg \*\*\*  
(derived from 1000 mg of  
phosphatidylserine complex  
from soy lecithin)

\*\*Percent Daily Values (DV) are based  
on a 2,000 calorie diet

\*\*\*Daily Value (DV) not established

Other Ingredients: Gelatin, Medium Chain  
Triglycerides, Vegetable Glycerin, Natural  
Caramel Color.

**SUGGESTED USE:** As a dietary  
supplement for adults, take one (1)  
softgel twice daily, preferably with a  
meal or as directed by a healthcare  
practitioner.

**FREE OF:** Gluten, Wheat, Dairy, Yeast,  
Sugar, Sodium, Artificial Flavor, Sweet-  
ener and Preservatives.

If you are pregnant, nursing, taking any medications  
or have any medical condition, please consult your  
healthcare practitioner before taking any dietary  
supplement. Discontinue use and consult your health-  
care practitioner if any adverse reactions occur. Keep  
out of reach of children. Store at room temperature.  
Do not use if outer bottle seal is missing or damaged.

