

Phosphatidylserine is a natural substance found in the brain where it plays an important role in the integrity and fluidity of cell membranes.\* Phosphatidylserine levels in the brain can decline with age. Supplementing with Phosphatidylserine Complex is a good choice to help replenish phosphatidylserine levels and support a healthy mind.\*

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:

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# PHOSPHATIDYLSERINE COMPLEX

AIDS BRAIN FUNCTION  
TO SUPPORT A HEALTHY MIND\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS



30 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	
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Calories	5	
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Total Fat	0.5 g	1%**
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Total Carbohydrate	<1 g	<1%**
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Phosphatidylserine	500 mg	***
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Complex		
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Phosphatidylserine	100 mg	***
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Phosphatidylcholine	60 mg	***
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\*\*Percent Daily Values (DV) are  
based on a 2,000 calorie diet

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

Ingredients: Microcrystalline Cellulose, Soy Lecithin,  
Dicalcium Phosphate, Silica, Vegetable Cellulose,  
Vegetable Magnesium Stearate, Vegetable Stearic  
Acid, Vegetable Glycerin.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet three times daily, preferably with meals or as directed by a healthcare practitioner.

**FREE OF:** Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

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 healthcare 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.

\*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.

