

FOR ELDERLY PRODUCTS







# Boosting Adults' Inner Resources

As people age, it can become more challenging to stay sharp and energetic. In middle and elderly age, a nutrient-rich diet becomes ever-more vital to being able to meet the demands of work, family, community, and an active lifestyle. But, most adults don't get what they need through diet alone. Sharp • PS® can help fill the gap, providing essential supplemental nutrition for optimal mental, physical and emotional wellbeing.

## PS improve cognitive functions



Kato-Kataoka et al, 2010, J. Clin. Biochem. Nutr, 47, 246

\*p<0.01 (relative to baseline) \*\*p<0.01 (relative to placebo)

# PS has clinically proven benefits for brain health

PS is especially enriched within the brain, and was shown to be essential for proper brain function, specifically for communication between brain cells. The cognitive health benefits of PS have been proven in many clinical studies, which show that supplementation with PS can significantly improve memory recognition and recall, decision making, and mental flexibility, without any side effects. PS is the only supplement with FDA approved cognitive health claims. PS was shown to strengthen brain cell structure and function, providing a long-term effect.



sharp thinking

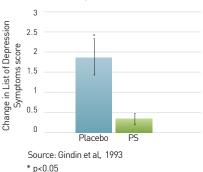




concentration and learning

and abilities

### PS intake had a positive effect on mood



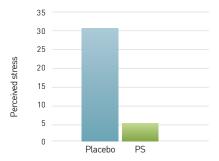
# PS naturally eases negative moods

Phosphatidylserine (PS) is clinically proven to improve mood. It was shown to lessen the increase in an undesirable hormone, cortisol, which naturally occurs as part of the body's reaction to negative mood changes. In a double blind, placebo controlled study, elderly people, the control group reported a close to 30% increase in their gloominess symptoms after 12 weeks, while those who took daily PS supplements reported almost no increase, indicating that PS can improve mood.





## PS reduced stress during an arithmetic exam



Benton et al, Nutr Neurosci. 2001;4(3):169-78

## PS was clinically shown to reduce occasional daily stress

Phosphatidylserine (PS) is clinically proven to decrease daily stress. Known as the "stress hormone", cortisol spikes following mental and physical stress. In clinical studies, PS has been shown to lessen the increase in cortisol levels that are caused by typically stressful experiences, such as a job interview or a math exam, and to reduce perception of stress.







stress

