



InterPlexus™

PS & PC™

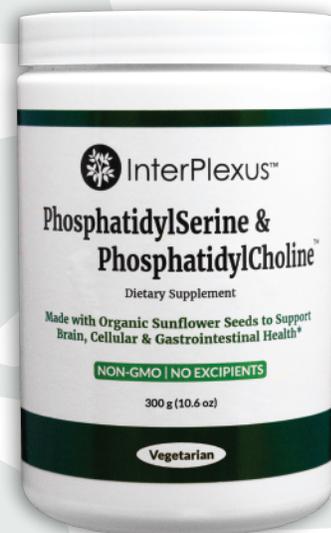
PhosphatidylSerine & PhosphatidylCholine™

Organic Brain, Cellular, and Gastrointestinal Support

Contributes to optimal cognitive function, improves adrenal hormone balance, and supports the integrity of the gut lining especially when under stress.*

Stress is a daily experience in the lives of most people in the modern world. As is widely understood, stress causes alterations in physiology which can damage tissues and contribute to disease. The GI and neurological systems may be some of the most acutely affected by stress. PhosphatidylSerine & PhosphatidylCholine (PS & PC) is a blend of two biologically important cell membrane phospholipids formulated to improve the function of these systems in the face of stress.

Phospholipids, which make up the majority of cell membranes throughout the body, serve many roles including: structural support, signal transduction, and transport through membranes. PS & PC supplies 430 mg of phosphatidylserine and 1.45 g of phosphatidylcholine per serving. Research suggests many conditions in which supplementation with both phosphatidylserine and phosphatidylcholine may be of use. Food sources of phospholipids include: eggs, soybeans, and sunflowers.



Supplementation with PS & PC:

- Supports memory and mood*
- Supports healthy GI cells*
- Contributes to a healthy stress response*
- Supplies structural components of cell membranes*



Dairy Free



Soy Free



Egg Free



Gluten Free



Vegetarian



Non-GMO

COGNITIVE SUPPORT

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

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How does PS & PC work?

PS & PC supplies a mixture of two cell membrane-enhancing phospholipids. Supplementation with these substances has been shown to benefit many different body systems including the endocrine, neurological, and gastrointestinal systems.

What the research shows:

Phosphatidylserine (PS) supplementation supports healthy cortisol levels, improves adaptability to stress, enhances mood, calms anxiety, supports cognitive function, enhances athletic performance, and speeds recovery after training.^{1-3*} In elderly patients with elevated cortisol, PS normalizes the hypothalamic-pituitary-adrenal (HPA) axis response.^{4*} PS also improves cortisol levels, diurnal cortisol rhythms, and mood in some elderly patients with depression.^{5*} In chronically-stressed adults, PS blunts elevated cortisol and adrenocorticotropic hormone (ACTH) levels, enhances mood, calms anxiety, and attenuates perceived mental and emotional stress.^{6-9*} In healthy young adults, PS supplementation blunts cortisol and ACTH responses to strenuous exercise, reduces post-exercise muscle soreness, and enhances perception of well-being.^{10-12*} PS has also been shown to contribute to healthy myelin sheaths of neurons and to potentially prevent neuronal degradation (2). Additionally, PS may improve exercise capacity and antioxidant protection,¹³⁻¹⁴ as well as cognitive and overall athletic performance.^{15-16*}

Phosphatidylcholine (PC) supplementation is ideal for use in conditions in which gastrointestinal mucosal membranes have been compromised and tissue repair is essential. Phosphatidylcholine makes up a vast majority of the phospholipids in the colonic mucus layer and in the cell membranes of colonocytes. Supplementation using PC may yield helpful therapeutic results. Research using PC has shown promise in reducing levels of inflammation and attenuating tissue degradation of the gut mucosa.¹⁷ PC supplementation has proven useful in severe and potentially deadly *Clostridium difficile*, where it aided in prevention and treatment of this infection.¹⁸ PC has also shown promise in restoring normal function in ulcerative colitis (UC), as the colonic mucus layer in patients with UC has been shown to contain 70% lower levels of PC compared to a normal healthy colon.^{17,19}

FDA qualified health claims:

The ability of soy-derived phosphatidylserine to support cognition and interrupt cognitive deterioration has been recognized by the FDA:

- "Consumption of phosphatidylserine may reduce the risk of dementia in the elderly. Very limited and preliminary scientific research suggests that phosphatidylserine may reduce the risk of dementia in the elderly. FDA concludes that there is little scientific evidence supporting this claim."
- "Consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly. Very limited and preliminary scientific research suggests that phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly. FDA concludes that there is little scientific evidence supporting this claim."

These qualified health claims pertain to dietary supplements containing soy-derived phosphatidylserine. Please note that the phosphatidylserine in PS & PC is derived from organic sunflower seeds.

Pregnancy Warning:

If you are pregnant or trying to conceive, consult your healthcare provider before using this product. Overconsumption may not be beneficial to health.

Supplement Facts

Serving Size: 1 scoop (approximately 1 heaping tbsp or 10g)
Servings per Container: 30

	Amount Per Serving	% DV
PhosphatidylCholine [from 7g Organic Sunflower PhosphatidylCholine (seeds)(SunPC®)]	1.45 mg	**
PhosphatidylSerine [from 2g Organic Sunflower PhosphatidylSerine (seeds)(SunPS™)]	430 mg	**

** Daily Value (DV) not established.

Other ingredients: organic rice (*Oryza sativa*) fiber.

Dairy, Soy, Egg & Gluten Free. Vegetarian.

Suggested Use: Take 1 scoop (approx. one heaping tbsp) a day with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product.

Keep out of reach of children.

Store in a cool, dry place.

Manufactured in the USA with the best globally sourced ingredients.

SunPC® and SunPS™ are trademarks of ECA Healthcare Inc.

References:

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