Phosphatidylserine: Neuroserine®

An essential nutrient with nootropic properties

As a phospholipid and a component of the biological membrane, phosphatidylserine plays a key role in cell communication. In the human body, phosphatidylserine occurs above all on the inside of the cell membrane, where it modulates the activity of protein channels and receptors.

50% of the body's endogenous phosphatidylserine is located in the brain. It supports the synthesis of neurotransmitters, sends and receives electrical impulses, and allows nutrients and oxygen to gain access to the brain cells. At the same time, it prevents harmful substances from entering the brain cells and promotes communication with the immune system.

Due to age, the amount of phosphatidylserine in the body decreases, which results in cognitive impairments that can be observed as a worsening memory, poor concentration, or attention deficits.

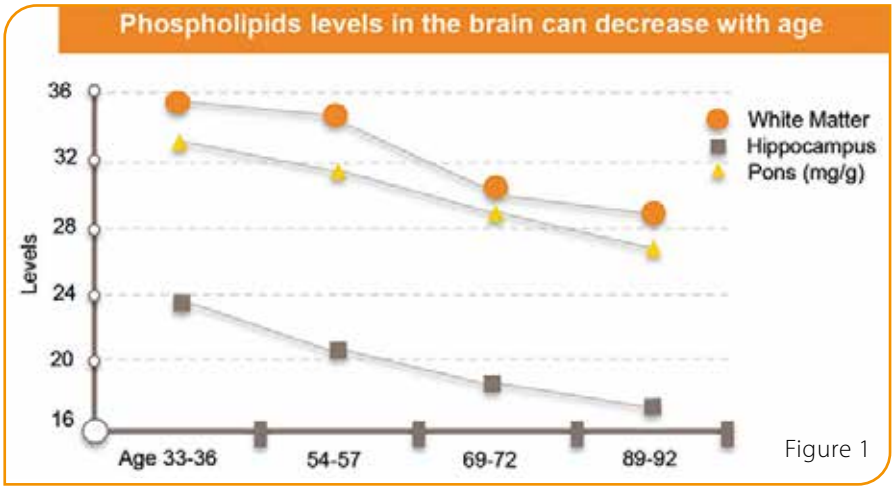

Figure 1

Figure 1 shows that the proportion of phospholipid decreases with increasing age. Although a phosphatidylserine deficiency is mostly associated with age-related cognitive decline, it is important to maintain phosphatidylserine levels in all age groups, to benefit from its positive function in maintaining and improving cognitive performance.

Neuroserine® is a phosphatidylserine obtained from soy or sunflower lecithin, and can slow down, prevent, or even reverse cognitive impairment. In a placebo-controlled clinical study, in which 51 volunteers with Alzheimer's disease, aged 55 to 57 years, were tested over a period of 12 weeks, a daily intake of 100 mg of phosphatidylserine led to an improvement of various cognitive abilities.*[1]

In another study with 494 aged volunteers, a 6 month intake of 300 mg of phosphatidylserine led to a significant improvement in all areas of cognition – including learning, consciousness, behaviour, motivation, and memory.*[2]

Also, in children with ADHS (attention deficit hyperactivity disorder) an intake of 200 mg of phosphatidylserine led to an improvement in cognitive function compared to placebo (intake over 2 months, 36 volunteers).*[3]

*1: Crook T, et al. Effects of phosphatidylserine in Alzheimer's disease. Psychopharmacol Bull. 1992;28(1):61-6

*2: Cenacchi T, et al. Cognitive decline in the elderly: a double-blind, placebo-controlled multicenter study on efficacy of phosphatidylserine administration. Aging (Milano). 1993 Apr;5(2):123-33.

*3 Hirayama S. et al., J Hum Nutr Diet. 2014 Apr; 27 Suppl 2:284-291

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Neuroserine® is available in the following variants:

Trade name	Basis	Phosphatidylserine content	Appearance
Neuroserine® S 20F	Soy Lecithin	20%	Liquid
Neuroserine® S 20P	Soy Lecithin	20%	Slightly yellowish to brown powder
Neuroserine® S 50P	Soy Lecithin	50%	
Neuroserine® S 70P	Soy Lecithin	70%	
Neuroserine® SUN S 20P	Sunflower Lecithin	20%	Light beige to dark beige powder
Neuroserine® SUN S 50P	Sunflower Lecithin	50%	

Recommended dosage
In clinical trials, a daily intake of 100 to 300 mg of phosphatidylserine was shown an improvement in cognitive function.

Typical doses for dietary supplements are between 100 and 500 mg per day.

Pharmaceutical forms
Neuroserines in powder form are suitable for hard capsules, tablets, and sachets. The liquid form is suitable for soft gel capsules.

Distribution by

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