

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:

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Since  1947

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
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Calories	10
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Calories from Fat	5
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Total Fat	1 g	2%**
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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, Sweetener 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 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.

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