

**Consumer Information Series**

# PS/Omega-3 Synergy™ :

## Nutrient Cooperation for Brain and Body

**Parris Kidd, PhD and Suzanne Copp, MS**

The word “synergy” means the whole is greater than the sum of its parts. Phosphatidylserine (PS) and the omega-3 fatty acids EPA and DHA are good examples of synergistic nutrients that benefit both body and brain. PS is widely recognized for its many clinically proven brain benefits. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are known to support early brain development and the maintenance of brain function throughout life.

All three of these nutrients can be made in the body but may be deficient for some populations. For EPA and DHA, populations suspected to have heightened risk for deficiency include newborns, children, the elderly, diabetics, the overweight or obese, hypertensives, those with chronic viral infections, and alcohol abusers.

### Indications for Use

#### PS supplementation nutritionally supports:

- Memory, learning, comprehension, and other cognitive functions
- Management of mood and the stress response
- Revitalization of declining memory in those over 50
- Enhancement of energy production in the brain
- Sociability (interactions with others) and activities of daily living in the elderly
- Energy production throughout the body
- Detection and disposal of dead or dying cells in all tissues

#### EPA and DHA nutritionally support:

- Pre- and post-natal brain development
- Management of cognition and mood
- Management of immune response
- Conservation of healthy joints, vision, skin, and other organ functions
- Multitude of other metabolic functions that depend on cell membranes

### PS Is a Fundamental Brain Nutrient

PS is normally present in all cells, and thus exhibits unsurpassed benefits and safety as a dietary supplement. PS is most concentrated in the brain, where it supports all of that organ’s functions.

PS is a building block for cell membranes, the vital structures that surround each cell and do most of the important work of life. Within the nerve cell membranes, PS typically operates in harmony with the omega-3 DHA. This membrane association is the basis for the powerful clinical synergy of these nutrients in PS/Omega-3 Synergy™.

### The Potent Synergy of PS and Omega-3s DHA and EPA

DHA (docosahexaenoic acid) and the closely related omega-3 EPA (eicosapentaenoic acid) are well documented for their cardiovascular benefits, even earning a qualified health claim from the cautious U.S. Food and Drug Administration (FDA) for protecting the cardiovascular system.

EPA and DHA are conditionally essential nutrients for all the tissues, including the brain. During pre- and post-natal brain development, and all throughout life, DHA and EPA support the healthy maintenance of neuronal circuits. Aging impairs the body’s ability to make these long-chain omega-3s, rendering the elderly at high risk for deficiency. But research suggests people of all ages stand to benefit from taking PS, DHA and EPA in combination.

### Nutrition Strategy

PS, EPA and DHA are compatible with a wide range of pharmaceuticals and nutrients, with the possible exception of interference of EPA and DHA with anticoagulant and other “blood thinning” drugs. Patients taking such drugs should discuss this product with their practitioners.

To obtain best results from PS/Omega-3 Synergy™, follow a healthy lifestyle free from cigarette smoke or excessive alcohol intake. Eat a healthy diet, avoid food borne or environmental toxic exposures, and get regular exercise.

This product contains no yeast, wheat, corn, milk, glutens, artificial colors, sugar, binders, hydrogenated oils, or artificial preservatives. Its soy content is exclusively phospholipid, free of potentially allergenic proteins. Store non-refrigerated, in a cool dry place away from direct sunlight.

### Commonly Asked Questions About PS/Omega-3 Synergy™

**Q.** *When will I start feeling the benefits of PS and Omega-3?*

**A.** In the clinical trials, benefits were measurable within three weeks. We expect many people will begin noticing improvement after 1-3 weeks, with progressive improvement over the succeeding months as they continue to take the product.

**Q.** *Where do the PS, DHA and EPA come from in PS/Omega-3 Synergy™?*

**A.** PS is made from a very high grade soy lecithin that is purified free of soy protein and has not been linked to any soy-allergic reactions. The DHA and EPA are very high potency, concentrated from fish oil by molecular distillation. They are stringently tested to ensure no mercury or other toxic contaminants are present. The freshness, taste, and smell are exceptionally pleasant, and there seems to be no after-reaction once they are taken with a meal.

### Summary

PS/Omega-3 Synergy™ offers clinically proven nutritional support for cognition, mood, and overall mental performance. This breakthrough dietary supplement also offers clinically proven benefits for the entire body. Its potent content of omega-3 fatty acids is well within the range to benefit the heart and circulation, joints, intestinal lining, eyes, and skin.

The long-chain omega-3 fatty acids EPA and DHA have revolutionized nutritional public health. A number of major clinical trials have shown that increasing the dietary intake of omega-3 fatty acids, in the form of fish or of fish oil supplements, can have a profound protective effect upon cardiovascular disease. The U.S. Food and Drug Administration (FDA), the American Heart Association, the International Society for the Study of Fats and Lipids (ISSFAL), and numerous other health agencies have recognized the protective and frequently lifesaving benefits of this level of omega-3 intake.

The synergistic formulation of EPA and DHA together with PS in PS/Omega-3 Synergy™ is literally “nutritional insurance”

### Directions for Use

Due to their oily nature, the nutrients in PS/Omega-3 Synergy™ take a substantial amount of time to build up in the cell membranes. Thus, to begin experiencing their benefits more quickly, a double intake is suggested for the first month.

Mental performance, overall	1 softgel twice a day (double for first month)
Mood and stress management	1 softgel twice a day (double for first month)
Memory difficulties	2 softgels twice a day
Cognitive impairment	2 softgels twice a day
Children, up to 80 lbs.	1 softgel twice a day
Children, over 80 lbs.	1 softgel twice a day (double for first month)

for clarity of mind, conservation of body functions, and total well-being.

*Note: For a more complete description of the benefits of PS you may obtain the 2005 book PS (PhosphatidylSerine), Nature's Brain Booster by Parris Kidd, PhD. Available from Craybon Research, Inc., tel. 877-CRAYHON.*

### References

- Pauling L. Orthomolecular psychiatry. Varying the concentrations of substances normally present in the human body may control mental disease. *Science* 1968;160:265.
- Delwaide PJ, Gyselynck-Mambourg AM, Hurllet A, et al. Double-blind randomized controlled study of phosphatidylserine in demented patients. *Acta Neurol Scand.* 1986;73:136.
- Crook TH, Tinklenberg J, Yesavage J, et al. Effects of phosphatidylserine in age-associated memory impairment. *Neurology* 1991;41:644.
- Klinkhammer P, Szelies B, Heiss WD, et al. Effect of phosphatidylserine on cerebral glucose metabolism in Alzheimer's disease. *Dementia* 1990;1:197.
- Cenacchi T, Bertoldin T, Farina C, et al. Cognitive decline in the elderly: A double-blind, placebo-controlled multicenter study on efficacy of phosphatidylserine administration. *Aging (Clin Exp Res.)* 1993;5:123.
- Cenacchi T, Baggio C, Palin E. Human tolerability of oral phosphatidylserine assessed through laboratory examinations. *Clinical Trials J.* 1987;24:125.
- Amaducci L, the SMID Group. Phosphatidylserine in the treatment of Alzheimer's disease: results of a multicenter study. *Psychopharmacol Bull.* 1988;24:130.
- Maggioni M, Picotti GB, Bondiolotti GP, et al. Effects of phosphatidylserine therapy in geriatric patients with depressive disorders. *Acta Psychiatr Scand.* 1990;81:265.

The statements in this flyer have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.