



# NEUROEXCEL PS™

A Remarkable Brain Cell Nutrient & Antioxidant

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Phosphatidylserine (PS) is a naturally occurring phospholipid nutrient. PS is essential to the functioning of all the cells of the body, but most concentrated in the brain. Several clinical studies have suggested that PS can support brain function that tends to decline with age. Until recently, PS was only available from animal sources. Now with new technology, NeuroExcel PS™ contains PS concentrated and patented from a plant source.

Recent census figures suggest that more than 30 million U.S citizens are over age 65 and of those, more than half are experiencing impaired capacities to recall names and numbers, to manipulate words, or to concentrate at work and maintain focus while at play. Progressive loss of mental functions can bring considerable distress to aging adults as well as affect personal productivity.

As people age, they inevitably lose some sharpness in the higher-level functions of memory, and cognition. These functions have been found to decline during middle-age and later life, often in people who are clinically healthy. This decline seems to be the most evident in the fifth decade of life. As memory and cognition slows, nerve cell density and number (referred to as “dropout”) of synaptic connections fall.

## PS- A MEMBRANE ACTIVE PHOSPHOLIPID NUTRIENT

PS is not abundant in foods that are common to our diet. In addition, the body can only make PS through a complex series of reactions and requires a substantial energy. Given orally, PS is rapidly absorbed and readily crosses the blood-brain barrier to reach the brain. Its sites of action appear to be exclusively in cell membranes.

The generation of electrical current, the transmission of the current along the cell, and the relaying of the current across the cell-to-cell chemical synapse are all neutron-driven events. Membrane proteins play key roles in all these processes, and PS is important for regulating the activities of such proteins. The phospholipids (like PS) of the membranes literally act as a solvent for the proteins of the membrane.

## PS SUPPORTS MULTIPLE MEMBRANE FUNCTIONS

**Nerve cell functions that have been linked to PS include:**

- \*The conduction of the nerve impulse
- \*The accumulation of storage and release of the nerve transmitter substances and the nerve transmitter action by way of receptors located on the target cell surface.

**The membranes of nerve cells are very high in PS. Among the cell functions which the cell membrane control are:**

- \*Entry of nutrients into the cell, and the exit of waste product.
- \*Movements of charged atoms (ions) into and out of the cell.
- \*Passage of molecular messages from outside the cell to its interior
- \*Cell movement, shape changes, flattening or expansion
- \*Cell-to-cell communication and other associations

## SUGGESTED SITUATIONS FOR NEUROEXCEL PS™ USAGE

- \*For mild cognitive loss
- \*Improved attentive function and social interest
- \*Improved memory and recall
- \*Improved short -term memory, mood and behavior
- \*Improved socialization and participation
- \*General global improvement
- \*Support of brain functions that decline with age

## SUMMARY

PS is a useful dietary tool for the metabolic support of memory, learning and behavior. It holds the most promise as a brain nutrient since it is able to cross the blood-brain barrier.

It is best useful in combination with vitamins, minerals, antioxidants, and other appropriate nutrients as part of an integrated personal supplementation program.

## GOOD BIOAVAILABILITY

PS has good bioavailability by the oral route. Uptake begins in the brain in approximately 30 minutes. When needed, it can be enzymatically converted to phosphatidylethanolamine (PE), an important backup cell membrane phospholipid and/or converted to phosphatidylcholine (PC).

**NEUROEXCEL PS™****S U M M A R Y**

In rare cases, ingestion of larger doses of PS (more than 200mg ) per single serving can lead to nausea, due to its stimulation of dopamine release. This effect is minimized by taking PS with meals.

Taking PS just before going to bed is not recommended as it may delay falling asleep.

**S U G G E S T E D U S E**

One (1) serving (1/8 teaspoon) contains 200 mg of phosphatidylserine. Most double-blind clinical studies were conducted at 300 mg per day. Therefore, one (1) to two (2) servings per day is recommended. Levels beyond this amount should be discussed with your healthcare provider.

PS is not water soluble and is best taken with a meal. It may be sprinkled on salads, or mixed with an array of foods, added to smoothies, or mixed with olive oil, flax oil, or New Spirit Natural's Golden Omega-Omega oil. Even though it is not water soluble, it can be blended into water or fruit juice as a carrier.

**S u p p l e m e n t F a c t s**

Serving Size: 1/8 tsp.

Servings per container: 187

	Amt. Per Serv.	%Daily Value*
Phosphatidylserine	200mg	*
Alpha Lipoic Acid	10mg	*

\*Daily Value has not been established

**NeuroExcel PS™**

Brain Cell Nutrient & Antioxidant  
Item #2063 --75 grams Powder

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