

- We report previously unpublished, early studies performed with soy lecithin-derived phosphatidylserine (PS) and phosphatidic acid (PA), using 300 mg PS + 240 mg PA in lecithin per day.
- PS is shown to be efficiently absorbed after oral consumption.
- A three-month double-blind, placebo-controlled study with PS+PA in 72 functioning, non-depressive elderly demonstrated a statistically significant positive influence of PS+PA on memory, mood, and cognition in pre-post comparison.
- A two-month randomized, double-blind, placebo-controlled study with PS+PA in 96 Alzheimer's disease patients demonstrated a stabilizing effect of PS+PA on daily functioning, emotional state, and self-reported general condition; no negative side effects were observed.
- Altogether our results suggest that PS+PA can support memory and cognitive function, which is especially apparent in those who have developed cognition deficiencies.

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