



DHA Optima & PS (Phosphatidyl Serine)

FastBrain Supplements, LLC.

Nutritional support to provide optimum, therapeutic levels of DHA and proper brain function.**

DHA Optima: Provides the essential omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)

The body requires adequate amounts of the essential omega-3 fatty acids DHA and EPA, which are used by the brain for energy, to maintain optimum nerve health. Scientific data links low levels of DHA and EPA to a host of mental and emotional disorders including depression and learning disabilities. When used with **Phosphatidyl Serine**, which appears to jump start the fatty acids DHA and EPA, studies are showing these natural and non-toxic fatty acids effective in the improvement of ADHD, bipolar, and affective disorders. **

Dosage: Take one (1) softgel, once or twice daily, preferably with a meal. For best results, combine with **Phosphatidyl Serine** capsules.

Ingredients: Omega-3 fatty acids containing DHA & EPA, Vitamin E

Phosphatidyl Serine (PS): Essential for proper brain function.**

Phosphatidylserine (PS) releases certain neurotransmitters associated with mood and memory, thus increasing the brain's metabolism of glucose, which in turn increases the output of neurotransmitters including dopamine (causing some of the anti-depressant effects) and acetylcholine. PS is vital for cognitive function, but is not necessarily needed as the body synthesizes it. However, PS supplementation in individuals seems to improve memory and cognitive capacity. Combined with the fatty acids DHA and EPA (found in **DHA Optima**), PS appears to stimulate the function and transport of these important fatty acids. PS has been shown to be highly effective in the management of ADHD, memory deficit disorders, depression, and general improvement of overall brain activity for those with high mental demands, such as students.**

Dosage: Take one (1) capsule, once or twice daily, preferably with a meal. For best results, combine with **DHA Optima**.

**** 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.**