

# Seriphos®

## Phosphorylated Serine (Serine Phosphate) Adaptogen and Adrenal Support\*

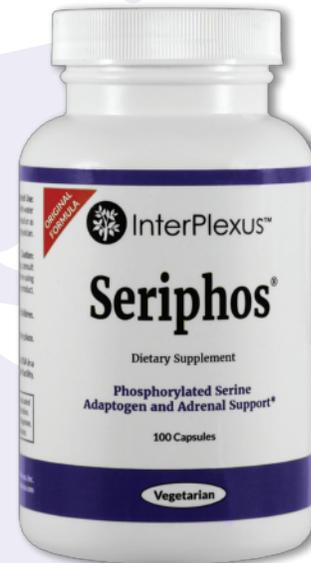
Stress is a common feature of everyday life that can raise cortisol levels and lead to significant health problems. Seriphos was developed to aid in lowering cortisol when cortisol levels are elevated due to acute and chronic stress.

Seriphos contains key nutrients for stress resiliency.\* It provides pure phosphorylated serine along with a synergistic blend of magnesium and calcium ethanolamine phosphates to promote a more balanced and healthy stress response.\* Phosphorylated serine and ethanolamine phosphate serve as metabolic building blocks for the synthesis of phosphatidylserine and phosphatidylethanolamine, cell membrane phospholipids that regulate key aspects of cellular function. The synergistic formulation of pure phosphorylated serine, ethanolamine phosphate, and mineral salts in Seriphos provides optimal absorption and bioavailability.

### Supplementation with Seriphos:

- Supports healthy cortisol levels\*
- Improves adaptability to stress\*
- Enhances positive mood\*
- Calms occasional anxiety\*
- Supports cognitive function\*

Seriphos provides phosphorylated serine in a chelate form of magnesium and calcium. Each capsule of Seriphos contains 1000 mg of a proprietary blend that supplies 90 mg of serine phosphate in a base of magnesium and calcium ethanolamine phosphates. The amounts of mineral nutrients provided per capsule are 45 mg of elemental magnesium, 45 mg of elemental calcium, and 190 mg of elemental phosphorus.



Dairy Free



Soy Free



Egg Free



Gluten Free



Vegetarian

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

# Seriphos<sup>®</sup>

## Phosphorylated Serine (Serine Phosphate) Adaptogen and Adrenal Support\*

### How does Seriphos work?

Seriphos contains phosphorylated serine with ethanolamine phosphate, magnesium, calcium, and phosphorus. Evidence suggests that the ingredients in Seriphos support the stress response by normalizing cortisol levels and reducing an individual's perceived negative response to stress.\*

### What the research shows:

**Phospholipids:** Phosphorylated serine and ethanolamine phosphate serve as metabolic building blocks for phospholipids such as phosphatidylserine. Research shows that nutritional supplementation with phosphatidylserine supports healthy cortisol levels, improves adaptability to stress, enhances mood, calms anxiety, and supports cognitive function.\*<sup>1-3</sup> In elderly patients with elevated cortisol, phosphatidylserine normalizes the hypothalamic-pituitary-adrenal (HPA) axis response.\*<sup>4</sup> Phosphatidylserine supplementation also improves cortisol levels, diurnal cortisol rhythms, and mood in some elderly patients with depression.\*<sup>5</sup> In chronically-stressed adults, phosphatidylserine blunts elevated cortisol and adrenocorticotropic hormone (ACTH) levels, enhances mood, calms anxiety, and attenuates perceived mental and emotional stress.\*<sup>6-9</sup> In healthy young adults, phosphatidylserine supplementation blunts cortisol and ACTH responses to strenuous exercise, reduces post-exercise muscle soreness, and enhances perception of well-being.\*<sup>10-12</sup>

**Magnesium:** Supplemental magnesium has been shown to lower cortisol and insulin levels, while improving swimming and running times in competitive triathletes.\*<sup>13</sup> Magnesium appears to be depleted by high levels of circulating catecholamines during stress.\*<sup>14</sup> In addition, low magnesium levels can worsen the overall cumulative negative effects of the stress response.\*<sup>15</sup> Magnesium levels are often low in diabetics, and supplemental magnesium can help restore insulin sensitivity and stabilize blood sugar levels.\*<sup>16</sup>

**Calcium:** Stress also may be worsened by depression and anxiety. Low calcium levels are associated with mood symptoms, including anxiety and depression.\*<sup>17</sup> Researchers have hypothesized that premenstrual syndrome is a cyclic manifestation of low calcium levels. Supplemental calcium has been shown to alleviate PMS symptoms and may improve mood symptoms in individuals with marginal calcium status.\*<sup>18</sup>

### FDA qualified health claims:

The ability of phosphatidylserine to support cognition and interrupt cognitive deterioration has been recognized by the FDA in its approval of the following qualified health claims:

- *“Consumption of phosphatidylserine may reduce the risk of dementia in the elderly. Very limited and preliminary scientific research suggests that phosphatidylserine may reduce the risk of dementia in the elderly. FDA concludes that there is little scientific evidence supporting this claim.”*

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

- *“Consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly. Very limited and preliminary scientific research suggests that phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly. FDA concludes that there is little scientific evidence supporting this claim.”*

These qualified health claims pertain to dietary supplements containing soy-derived phosphatidylserine. Please note that Seriphos contains phosphorylated serine and not phosphatidylserine.

### Summary:

**Seriphos is formulated with pure and highly bioavailable ingredients to reduce occasional anxiety and stress and to support healthy cortisol levels.\***

## Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 100

Amount Per Serving	% DV
Proprietary Blend	1000 mg **
Phosphorylated Serine/Ethanolamine	

\*\* Daily Value (DV) not established.

**Other ingredients:** Vegetarian capsule shell (hypromellose, water).

**Dairy, Soy, Egg & Gluten Free. Vegetarian.**

**Suggested Use:** Take 1 capsule daily with water 15 minutes before a meal or as directed by your physician.

**Caution:** If pregnant or nursing, consult your physician before using this or any other product.

**Keep out of reach of children.**

**Store in a cool, dry place.**

**Manufactured in the USA in a GMP compliant facility.**

### References:

- <sup>1</sup> Kidd PM. *Alt Med Rev.* 1996;1(2):70-84.
- <sup>2</sup> Glade MJ, Smith K. *Nutrition.* 2015;31(6):781-6. doi: 10.1016/j.nut.2014.10.014.
- <sup>3</sup> Carter J, Greenwood, M. *Strength & Conditioning Journal.* 2015;37(1):61-68.
- <sup>4</sup> Nerozzi D, et al. *Clin Trials J.* 1989;26:33-38.
- <sup>5</sup> Komori T. *Ment Illn.* 2015;7(1):5647. doi: 10.4081/mi.2015.5647.
- <sup>6</sup> Hellhammer J, et al. *Stress.* 2004;7(2):119-26.
- <sup>7</sup> Hellhammer J, et al. *Lipids Health Dis.* 2014;13:121. doi: 10.1186/1476-511X-13-121.
- <sup>8</sup> Hellhammer J, et al. *Nutr Res.* 2012;32(4):241-50. doi: 10.1016/j.nutres.2012.03.003.
- <sup>9</sup> Benton D, et al. *Nutr Neurosci.* 2001;4(3):169-78.
- <sup>10</sup> Monteleone P, et al. *Eur J Clin Pharmacol.* 1992;42(4):385-8.
- <sup>11</sup> Fahey TD, Pearl MS. *Biology of Sport.* 1998;15(3):135-144.
- <sup>12</sup> Starks MA, et al. *J Int Soc Sports Nutr.* 2008;5:11. doi: 10.1186/1550-2783-5-11.
- <sup>13</sup> Golf SW, et al. *Cardiovasc Drugs Ther.* 1998;12 Suppl 2:197-202.
- <sup>14</sup> Whyte KF, et al. *Clin Sci (Lond).* 1987;72(1):135-8.
- <sup>15</sup> Seelig MS. *J Am Coll Nutr.* 1994;13(5):429-46.
- <sup>16</sup> Rotter I, et al. *Magnes Res.* 2015;28(3):99-107. doi: 10.1684/mrh.2015.0391.
- <sup>17</sup> Lawlor BA. *J Clin Psychiatry.* 1988;49(8):317-8.
- <sup>18</sup> Thys-Jacobs S. *J Am Coll Nutr.* 2000;19(2):220-7.