

**A CLINICALLY
PROVEN NATURAL
NUTRIENT**



Sharp•PS® CALM

Reduce stress hormone
levels

Improve physical and
mental daily stress

iff
Health

STRESS IS ALL AROUND, AND ON THE RISE

People of every age are experiencing increasing levels of stress caused by studies, work, family pressures, health concerns, money and the general economic environment. Stress is prevalent in all age groups, with 18-47 year-olds reporting the highest levels of stress, and women typically more affected than men. The physical symptoms of stress, such as irritability, anger, anxiety, fatigue, lack of motivation or energy,

indigestion, and muscular tension, can severely impact people's lives and livelihoods.

PS NATURALLY REDUCES STRESS

Phosphatidylserine (PS), a natural lipid that is part of our body, is clinically proven to decrease daily stress. It was shown to reduce the increase in the hormone, cortisol, which naturally occurs as part of the body's reaction to stress.

CLINICALLY PROVEN BENEFITS OF PS FOR STRESS REDUCTION

Known as the "stress hormone", cortisol spikes following mental and physical stress. In clinical studies, PS has been shown to reduce the increase in cortisol levels that are caused by typically stressful experiences, such as a job interview or a math exam, and to reduce perception of stress.

PS reduced stress during an arithmetic exam



Benton et al, Nutr Neurosci.
2001;4(3):169-78

In a double-blind, placebo-controlled study in 48 students who consumed PS (300mg/day) for 4 weeks

Sharp•PS® CALM

SUPERIOR PS BY IFF HEALTH



Sharp•PS® is one of the leading phosphatidylserine brands in the supplement industry, representing highest quality and greatest variety of grades in the world



Sharp•PS® has exclusive and patented PS grades



Sharp•PS® is produced from a variety of sources (soy, sunflower, fish) and grades especially suitable for food applications



Excellent organoleptic properties, easy to use in tablets, sachets, gummies, UHT milk, powder products and more



Sharp•PS® is globally regulated



Customer tailored solutions