



Sharp•PS® SPORT

**A CLINICALLY
PROVEN NATURAL
NUTRIENT**

Improve recovery

Support muscle health

Improve workout
performance

iff
Health

INVESTMENT IN EXERCISE IMPROVEMENT IS ON THE RISE

Sport is an important part of day-to-day life, particularly among adults seeking to maintain a healthy and fit lifestyle for the long term, and many people are increasingly willing to invest in improving the experience. From avid exercisers who cycle, run, swim or hit the gym every day, to weekend enthusiasts, people of every age are interested in getting more benefit and enjoyment from their exercise. Sports nutrition products that were once used mostly by core athletes and body builders are becoming increasingly popular among consumers.

CLINICALLY PROVEN BENEFITS FOR EXERCISE

Supplemental PS has been proven in multiple studies to increase time to exhaustion, improve post-exercise recovery, and reduce muscle soreness, enabling people to optimize utilization of training time.

PS IMPROVES EXERCISE EXPERIENCE

Phosphatidylserine (PS) is a natural lipid that is part of our muscles. PS was studied in a variety of exercise models such as cycling, running, weight lifting and was shown to:

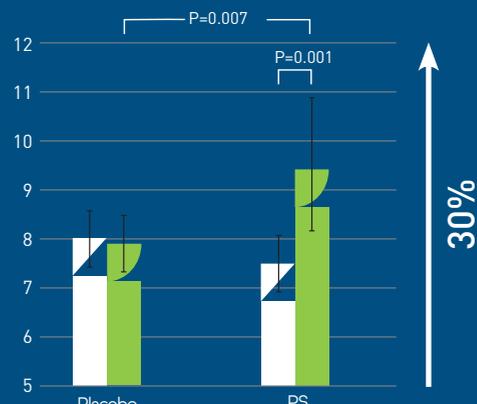
- Increase levels of testosterone, an anabolic (muscle building) hormone
- Reduce the levels of cortisol, a catabolic (muscle degrading) hormone
- Enable a higher testosterone-cortisol ratio, for better recovery after exercise
- Increase activation of mTor, known to be crucial for increase in muscle size and strength
- Positively affect myogenesis, the rejuvenation of muscles following exercise

PS Reduced Perceived Muscle Soreness



Kingsley et al. Medicine and science in sports and exercise. 2005; 37:1300-6.

PS Increased Time to Exhaustion



Kingsley et al. Medicine and science in sports and exercise. 2006;38:64-71

Sharp•PS® SPORT

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