

**#1 Best
Seller**

Stress Secretly Sabotages Your Life

iStressedOut™

PROMOTES
HEALTHY
BRAIN AND
NERVOUS
SYSTEM
FUNCTION*



iStressedOut™ is Formulated To:

- Counteract the negative effects of stress such as toxic emotions, work place stress, family schedules, sleep deprivation*
- Reduce stress from physical and mental exertion*
- Reduce stress from trauma and illness*
- Reduce stress from financial challenges*
- Reduce stress-induced fatigue and exhaustion*
- Support energy production*

**Counteract
The Negative
Effects of
Stress**

Supplemental Facts:

Serving size: 1 tablet

Servings per container – 90

	Amount Per Serving	% DV
Phosphatidyl Serine	50mg	*
DMAE Bitartrate	50mg	*
Phosphatidyl Choline	22mg	*

* Daily Value Not Established

Other Ingredients: Xylitol, Natural mixed berry flavor, Natural masking flavor, Magnesium Stearate, Silica. Contains Soy.

Recommended Usage: chew 1 tablet 3 times a day. 1 tablet after exercise, and 1 tablet before bed, or as directed. If you are pregnant or nursing, seek the advice of a health care professional before using this product.

There have been over 3,000 research studies indicating that Phosphatidyl Serine (PS) is the proven #1 brain booster. It benefits every brain function that can be tested.

PS is a more complete and superior brain booster than B vitamins, minerals, anti-oxidants, amino acids, herbs, flavonoids. It boosts nerve transmitters across the entire brain.

PS can turn back the clock on age related cognitive decline. (Kidd PM. Phosphatidylserine. The nutrient building block that accelerates all brain functions and counters Alzheimer's Disease. Keats Publishing, New Canaan, CT. 1998, pp42-43)

Exercise, lifestyle revision and PS improve the quality of life for the young, middle aged and elderly.

www.iStressedOut.com



Phosphatidyl Serine (PS) is an endogenously produced phospholipid that is embedded in cell membranes and is a major phospholipid in the brain. Its general functions include supporting cellular chemical signal transmissions, activating cell surface receptors and cellular exchange of nutrients and waste products.

Supplementation of PS has shown the ability to

- Enhance cellular metabolism and communication^{1 2 3}
- Protect cells from oxidative damage⁴
- Decrease anxiety, improve mood, motivation and depression^{5 6 7 8}
- Enhance memory, and cognition^{9 10 11}
 - Decrease cortisol^{12 13 14 15}
 - The most clinically significant impact of PS is its ability to lower cortisol. Elevated cortisol has been shown to induce insulin insensitivity, decrease TSH and T3 production^{16 17}
 - Increase inactive rT3¹⁸, decrease Phase II glucouronidation and sulfation, suppress pituitary function¹⁹
 - Increase the potential for gastric and duodenal ulcers, lower intestinal secretory IgA^{20 21}
 - Delay intestinal mucosal cell generation²², suppress immunity²³
 - Decrease bone density, induce depression²⁴, encourage obesity^{25 26 27}
 - Increase the risk for cardiovascular and neurodegenerative disorders²⁸.

The use of PS shows great promise in the management of disorders and altered athletic performance induced by the elevations of cortisol from chronic stress syndromes.

References available at www.sedca-ceutics.com

★ 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.

iStressedOut is a pending trademark of Sedca-Ceutics L.L.C. which identifies its proprietary method of formulating nutritional blends.