

# Phosphatidylserine

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### 1 Function

- Decrease mental stress (based on 1990 article<sup>1</sup> )
1. Monteleone P, Beinat L, Tanzillo C, Maj M, Kemali D. Effects of phosphatidylserine on the neuroendocrine response to physical stress in humans. *Neuroendocrinology*. 1990;52(3):243-248. doi:[10.1159/000125593](https://doi.org/10.1159/000125593)