SMART-MINTS



Enjoy delicious **Smart-Mints**TM after meals

CHERRY TECHNOLOGY

P.O. Box 81135

Wellesley Hills, Massachusetts USA 02481-0001

What is Phosphatidyl serine?

CHERRY Technology™ **SMART-MINTS**™ contain pure phosphatidyl serine of plant {soy bean) origin. Phosphatidyl serine (PS) is a natural substance called a phospholipid and is found in every cell of the human body. The highest concentration of PS is in the human brain where PS is required for good healthy working neural function. PS works in the nerve cell wall where it enables movement of critically needed biomaterials. Insufficient amounts of PS contribute to memory loss and other cognitive age-related deficits.

How is Phosphatidyl serine Used? What have clinical studies shown?

More than a dozen double-blind, randomized, placebo-controlled, clinical trials have been conducted in the United States and Europe. Clinical tests from more than 40 European studies have included thousands of people demonstrating safety and effective results from PS supplementary intakes ranging from 200 to 800 mg per day (taken with meals). The clinical tests indicate that concentration, and learning and recall of names, faces, and phone numbers may improve. Some studies report a reduction in the "cognitive mental age" of those taking PS by 10 years or more, suggesting that PS dietary supplements, such as Smart-Mints™ may contribute to the prevention, limitation, or even repair of some deficits of memory, judgment, and abstract thought which occur from PS depletion. Benefits are reported to continue for up to four weeks after stopping supplements of PS. In other more technical clinical studies, PS was found to improve EEG alpha rhythm in young men, reversing its decline with age. PET [positron emission tomographic] has revealed that PS improves brain glucose consumption [http://world.std.com/~mica/cherryinfo.html], and PS has even improved the 24-hour rhythm of TSH (thyroid-stimulating hormone) secretion in older men. In Europe, phosphatidylserine is used to treat Alzheimer's disease and memory loss problems. PS inhibits elevations of stress hormones (ACTH and cortisol) resulting from strenuous exercise, and therefore PS has been hypothesized to delay some of the adverse effects of aging. There are few, if any, reported side effects. The double-blind trial of Cenacchi revealed only one dropout of users (from 494 in the group) versus 7 in the placebo group. Many of the European studies have used cow brain PS. Smart-Mints™ contain purified phosphatidyl serine and lecithin only from **plant** (soy bean) origin, never from any animal. Smart-Mints™ purified plant PS works the same as the cow brain phospholipid extract - but without the risk. References are available at http://world.std.com/~mica/cherryrefs.html

Warnings and Contraindications

Smart-Mints™ contain purified phosphatidyl serine and lecithin only from **plant** (soy bean) origin, never from any animal. Smart-Mints™ should be avoided by anyone with soy or soy bean allergy, or with an intolerance to lecithin. Smart-Mints™ should be avoided by people with very rare antiphospholipid autoimmune syndromes. Although toxicological assessments have suggested that PS is not mutagenic, not carcinogenic, and not teratogenic in animals, studies on pregnant women are not available.

This product is **not** a substitute for academic effort or physical activity.

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SMART-MINTS' PRESENTS: 

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