Seriphos®

Basic Chemistry

Phosphatidyl Serine when consumed in food, for example egg yolks, or in a capsule provides about 20% of active Phosphorylated Serine (see #4 in Diagram 1). Each 100 mg of Phosphatidyl Serine yields about 20 mg of active Phosphorylated Serine following consumption. The bulk of the weight is derived from two fatty acids, R1 & R2, shown in Diagram 1.

In the intestinal tract, the various enzymes (brush border and pancreatic) clip off the fatty acids, predominantly the unsaturated fatty acids (R1 & R2 in diagram). These fatty acids are not reassembled in the body to the stump molecule, rather different fatty acids are attached by the body to replace R1 and R2.

The shaded glycerol molecule (shaded area #3 in Diagram 1) is very abundant in the body because it is found in all body fat and in dietary fats/oils.

In brief, the Phosphatidyl Serine acts as a precursor molecule and is not the active form of this nutrient. In our tissues, the rate limiting step is the phosphorylation of the serine molecule (see #4 in Diagram 1).

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In contrast, Phosphorylated Serine (brand name, SERIPHOS®) provides the activated or Phosphorylated Serine (see #4 in Diagram 1) in a chelate form of magnesium and calcium.

In the local tissue, the Phosphorylated Serine is linked to glycerol and the appropriate fatty acids specific to each tissue, and is not linked to the fatty acids provided in the precursor Phosphatidyl Serine.

Phosphorylated Serine (brand name, SERIPHOS®) is a pure product not derived from animal tissue. The serine is from vegetable sources and the phosphate is from a pure phosphate donor compound.

**Excerpts & Abstracts on the Use of Phosphorylated Serine**


**Summary**

The early cortisol escape phenomenon observed after administration of 1 mg of dexamethasone in 50% of the elderly subjects in the study was reversed by two months therapy with Phosphatidyl Serine (PS), 3 x 100 mg tablets daily.

An action of the compound at the neurotransmitter level is hypothesized. A number of alterations of the HPAA parameter, although partial, may be brought about by some action at the neurotransmitter level with prevention of cortisol hypersecretion obviously cannot be ruled out. However, in our opinion, an intrinsic neuro-endocrine disturbance, which may be part of a central dysfunction associated with aging, could be at the root of a substantial part of the hypersecretion.

According to the membrane hypothesis of aging, age-dependent changes of the membranes can negatively interfere with trophy of the neurons, with cell to cell communication and ultimately with neurotransmission and thus with most functions linked to neurotransmission, including hormonal secretion.

According to Massarotti, PS seems to stimulate some sort of morphogenetic neuronal plasticity, which acts as a compensatory adaptive mechanism to cell deterioration, and is capable of preventing or delaying the age dependent decline of neurotransmitter function. On the basis of our findings we can speculate that existence of an analogous mechanism which acts on neurotransmission similar to that observed in animals treated with PS.

However, when we consider the impairment of HPAA as a marker of a more central neurotransmitter imbalance, we can suppose that the re-adjustment of such an altered parameter, although partial, may be brought about by some action at the neurotransmitter level.

**Seriphos® 100 capsules**

Each capsule provides 90 mg of active phosphorylated serine.

**Suggested Use:**

Take 1 capsule with water 15 minutes before a meal or as directed.

**Caution:**

If pregnant, consult your physician before using this or any other product.

Milk, Soy, Egg & Wheat Free.

Store in a cool, dry place, NOT TO exceed 77°F. DO NOT USE IF SEAL IS BROKEN.

KEEP OUT OF REACH OF CHILDREN.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
INGREDIENTS PER CAPSULE
Each capsule supplies 90 mg of serine phosphate as a calcium and magnesium derivative in a base of calcium and magnesium ethanolamine phosphate. Mineral nutrients provided are elemental Calcium 45 mg, Magnesium 45 mg and Phosphorous 190 mg.

PROPERTIES
Clinically, Serine phosphate derivatives are better absorbed when ethanolamine salts are included. Serine phosphate derivatives are believed to help optimize brain neurotransmissions with specific reference to hypothalmic-pituitary area. It also exerts a beneficial effect on memory retention and recall by stimulating morphogenetic neuronal plasticity which delays or prevents age dependent neurotransmitter function deterioration or decline.

CLINICAL APPLICATIONS & INDICATIONS
1. Research indicates that serine phosphate derivatives can reverse hypothalamic-pituitary resistance to cortisol feedback in cases of cortisol hypersecretion.
2. It is also indicated in conditions of memory deficit.
3. Indicated in cognitive decline, senile dementia and mild cases of Alzheimer’s disease.

RESTRICTIONS
Should not be given simultaneously with adrenergic agonists or alkaloid stimulants.

DOSAGE AND USE
A common daily dose used by many individuals is 1 capsule taken at least 20 minutes before or in between meal(s) with plenty of fluids. Seriphos® is best taken 1 hour before the time(s) of day when your cortisol levels are elevated. Feedback from users indicates that most individuals end up using it for a minimum of 3 months and a maximum of 9 months. In some instances, individuals start with 1 capsule per day and gradually increase dosage as directed.

SIDE EFFECTS
Some individuals may experience hyperactivity and/or mild insomnia. Elimination of the evening dose and restricting intake to morning and noon meals usually ameliorates this problem.

CONTRAINDICATIONS & PRECAUTIONS
- Seriphos should not be given to people using alkaloid stimulants or on adrenergic agonists
- Not recommended for use during pregnancy
- Not recommended for people with reduced kidney function or failure
- People with sensitive stomachs should take it with the meal, not before

SPECIAL INSTRUCTIONS
Store at room temperature below 25° C. Keep lid tightly closed.
For long term storage greater than 3 months, REFRIGERATE.

PACKAGING
Seriphos® is sold in bottles of 100 capsules. KEEP OUT OF REACH OF CHILDREN.

* Phosphorylated Serine is sold as Seriphos®, brand name of Interplexus Inc.