

# The Memory Support Plan

For anyone weighing a brain supplement who wants the honest version. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST NIH NATIONAL INSTITUTE ON AGING · NIH OFFICE OF DIETARY SUPPLEMENTS

1

## Lifestyle wins first

The strongest evidence for protecting memory is sleep, exercise and blood-pressure control, not any supplement. (National Institute on Aging)

2

## Real mechanism

Phosphatidylserine is a genuine building block of nerve-cell membranes and reaches the brain when swallowed. (Review, Nutrition 2015)

3

## Mixed human results

A rigorous trial of the common soy-derived form found no memory benefit in older adults with memory complaints. (PubMed)

## 1. Do the free brain basics first

This is the half of the plan with the strongest evidence.

### WHY THIS WORKS

The National Institute on Aging is clear that no supplement is proven to prevent memory loss, while sleep, regular physical activity and controlling blood pressure have the best evidence for keeping the aging brain healthy.

SOURCE: NIH NATIONAL INSTITUTE ON AGING

### DO THIS WEEK

- ☐ Protect seven to nine hours of sleep
- ☐ Get regular aerobic exercise most weeks
- ☐ Know your blood pressure and keep it in range

## 2. If you try PS, use the studied dose

Give the ingredient a fair test at the amount the research used.

### WHY THIS WORKS

A 2015 review in the journal Nutrition reports that swallowed phosphatidylserine is absorbed and reaches the brain, and the cognition studies generally used about 300 mg a day. At 100 mg per capsule, that is three capsules daily.

SOURCE: PHOSPHATIDYLSERINE AND THE HUMAN BRAIN, NUTRITION 2015

### DO THIS WEEK

- ☐ Take about 300 mg a day
- ☐ Give it a fair few-week trial before deciding
- ☐ Judge it honestly on focus and recall, and stop if nothing shifts

## 3. Buy quality, not hype

This category is loosely regulated, so certification is the shortcut.

### WHY THIS WORKS

The NIH Office of Dietary Supplements advises that supplements are not held to the same standards as medicine, so third-party testing matters. Most phosphatidylserine is derived from soy, which is a real consideration if you have a soy allergy.

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

### DO THIS WEEK

- ☐ Choose a third-party-tested brand
- ☐ Skip it if you react to soy
- ☐ Tell your doctor everything you take

## 4. Know when it is not a supplement problem

Some memory changes are a reason to see a clinician, not to self-treat.

#### WHY THIS WORKS

The National Institute on Aging notes that memory changes beyond normal aging deserve a medical evaluation, because causes like sleep problems, medications, mood and thyroid issues are treatable once found.

SOURCE: NIH NATIONAL INSTITUTE ON AGING

#### DO THIS WEEK

- ☐ Bring worsening memory to a clinician, not a bottle
- ☐ Ask about sleep, mood, medications and thyroid
- ☐ Do not use a supplement as a substitute for evaluation

#### EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Phosphatidylserine and the human brain, review, Nutrition 2015 (PubMed) · <https://pubmed.ncbi.nlm.nih.gov/25933483/>

Soy-derived phosphatidylserine and cognition, randomized trial (PubMed) · <https://pubmed.ncbi.nlm.nih.gov/11842880/>

NIH National Institute on Aging, Cognitive Health and Older Adults · <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>

NIH Office of Dietary Supplements, Dietary Supplements: What You Need to Know · <https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>

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