

Lipogen Phospholipid Studies: Effects on Cognitive, Physical Health and Mental Health, Stress, Women's Health and Performance

	Topic of the study	Participants	Time	Daily dose	Results	Conclusions
Effects of Soybean-Derived Phosphatidylserine & Phosphatidic Acid on Elderly Adults						
MemreePlus™	<p>Effect of PS+PA on memory and mood in functioning elderly.</p> <p>Placebo-controlled, double-blind study.</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271139 Margret I. More´ · Ulla Freitas · David Rutenberg Adv Ther (2014) 31:1247–1262 DOI 10.1007/s12325-014-0165-1</p>	72 functioning, nondepressive older adults	3 months	PS (300 mg) + PA	<p>A bar chart comparing the change in Wechsler Memory Scale (WMS) score between a Placebo group (grey bar) and a MemreePlus group (teal bar). The Y-axis is labeled 'Change in WMS score' and ranges from -2 to 6. The Placebo group shows a slight decrease in score (approximately -0.5), while the MemreePlus group shows a significant increase (approximately 2.2). Error bars are included for both groups.</p>	Significant positive influence on memory and mood.
MemreePlus™	<p>Effects on brain function in elderly patients with Alzheimer's disease and dementia.</p> <p>Randomized, placebo-controlled, double-blind study.</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271139 Margret I. More´ · Ulla Freitas · David Rutenberg Adv Ther (2014) 31:1247–1262 DOI 10.1007/s12325-014-0165-1</p>	96 patients with Alzheimer's disease Ages 50–90	2 months	PS (300 mg) + PA		<p>Significant positive effects on daily functioning</p> <p>Positive trends on emotional state and self-reported general condition</p> <p>No adverse effects</p>
MemreePlus™	<p>Effect of soy PS+PA on mood prevented "winter blues" and deterred decreases in List of Depressive Symptoms (LDS) scores.</p> <p>Randomized, placebo-controlled, double-blind study.</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271139 Margret I. More´ · Ulla Freitas · David Rutenberg Adv Ther (2014) 31:1247–1262 DOI 10.1007/s12325-014-0165-1</p>	57 functioning non-depressive older adults Ages 60-80	3 months	PS (300 mg) + PA	<p>A bar chart comparing the change in List of Depressive Symptoms (LDS) score between a Placebo group (grey bar) and a MemreePlus group (teal bar). The Y-axis is labeled 'Change in List of Depressive Symptoms score' and ranges from 0 to 3. The Placebo group shows a small increase in score (approximately 0.3), while the MemreePlus group shows a significant decrease in score (approximately 1.8). An asterisk (*) is placed above the MemreePlus bar to indicate statistical significance. Error bars are included for both groups.</p>	The placebo group experienced a significant increase in depressive symptoms between late summer and winter; whereas the PS+PA group demonstrated no significant change in depressive symptoms.
MemreePlus™	<p>The effects of PS+PA on adults with cognitive decline.</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271139 Adv Ther (2014) 31:1247–1262 Margret I. More´ · Ulla Freitas · David Rutenberg DOI 10.1007/s12325-014-0165-1</p>	68 patients with Alzheimer's disease, dementia or memory loss Ages 44–92	2 months to 13 years	PS (300 mg) + PA		<p>Significant positive influence in most cognitive categories</p> <p>No adverse effects</p>

	Topic of the study	Participants	Time	Daily dose	Results	Conclusions
Effects of Soybean-Derived Phosphatidylserine (PS) and Phosphatidic Acid						
MemreePlus™	<p>Pharmacokinetic analysis of soy lecithin-derived PS</p> <p>Pharmacokinetic study</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271139 Margret I. More · Ulla Freitas · David Rutenberg Adv Ther (2014) 31:1247–1262 DOI 10.1007/s12325-014-0165-1</p>	<p>8 overnight fasted healthy volunteers</p> <p>Ages 28-52</p>		PS (300 mg) + PA		<p>PS started increasing 30 minutes after ingestion, with a peak value 90 min after intake and returned to basal level 180 min after intake.</p> <p>The soy lecithin-derived PS+PA was well-tolerated, with no side effects.</p>
Effects of PS Complex on Endocrine System and Psychological Responses to Mental Stress						
CognoLipid™	<p>A PS+PA formula normalizes the stress reactivity of the hypothalamus-pituitary-adrenal axis in chronically stressed male subjects.</p> <p>Randomized, placebo-controlled, double-blind study.</p> <p>https://pubmed.ncbi.nlm.nih.gov/25081826 Juliane Hellhammer I, Dominic Vogt, Nadin Franz, Ulla Freitas, David Rutenberg Lipids Health Dis. 2014 Jul 31;13:121</p>	<p>75 healthy males</p> <p>Ages 20-45</p>	42 days	PS (400 mg) + PA		<p>PS+PA can normalize the hyper-responsivity of the HPA axis to an acute stressor.</p>
CognoLipid™	<p>The effects of PS+PA on the endocrine system and psychological responses to mental stress.</p> <p>Randomized, placebo-controlled, double-blind clinical trial</p> <p>https://pubmed.ncbi.nlm.nih.gov/15512856 J Hellhammer, E Fries, C Buss, V Engert, A Tuch, D Rutenberg, D Hellhammer Stress. 2004 Jun;7(2):119-26. doi: 10.1080/10253890410001728379.</p>	<p>80 healthy males & females</p>	4 weeks	PS (400 mg) + PA		<p>PS+PA has a selective stress dampening effect on the pituitary-adrenal axis, suggesting that PS+PA has potential for stress related disorders.</p>



Topic of the study

Participants

Time

Daily dose

Results

Conclusions

The Benefits of the Phosphatidylserine + Phosphatidic Acid Formula to Women's Health



CognoLipid™

A PS+PA complex (PAS) reduces premenstrual syndrome (PMS) symptoms.

Randomized, placebo-controlled, double-blind clinical trial

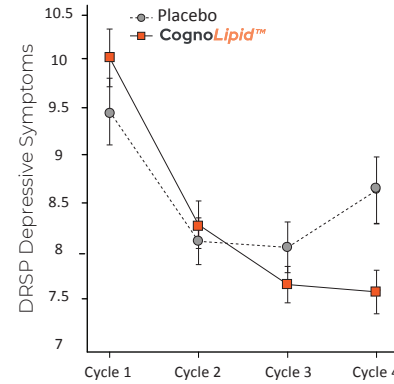
<https://pubmed.ncbi.nlm.nih.gov/29576358>
Katja Schmidt, Nicole Weber, Meir Steiner, Nadin Meyer, Anne Dubberke, David Rutenberg, Juliane Hellhammer
Clin Nutr ESPEN. 2018 Apr;24:22-30.

40 women diagnosed with PMS by a gynecologist

Ages 18-45

3 treatment cycles plus baseline

PS (400 mg) + PA



Reduction in total symptom severity was significantly larger for the treatment group than the placebo group.

Cortisol levels were significantly lower in women taking PS+PA than the control group.



Lipogen: The gold standard in quality

Compliant with international safety and quality standards

All Lipogen products are manufactured in an FDA-inspected facility, meeting all FDA regulations for dietary supplements. Lipogen complies with the industry's highest quality and safety standards, including Good Manufacturing Practices (GMP).

All Lipogen formulas are Generally Recognized as Safe (GRAS). CognoLipid and MemreePlus are designated as Novel Foods by the European Union's European Food Safety Authority.

Dietary certifications

Lipogen products are certified kosher by the Orthodox Council of Jerusalem (OCJ) (Badatz) and certified Halal.

Sustainable production

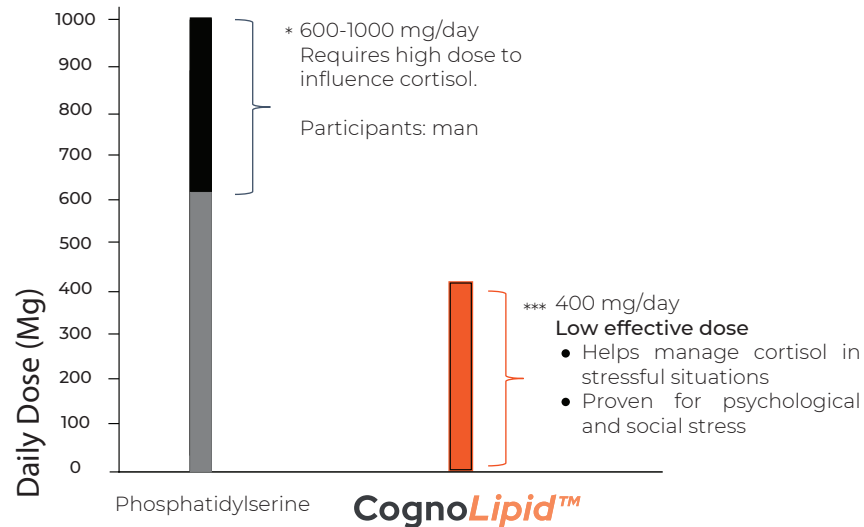
Lipogen manufactures all its formulas using a proprietary water-based method that is solvent-free.

Patents awarded

Lipogen has earned numerous patents in the U.S., Europe, Canada and Japan for product use and production techniques.

The scientific formula with synergies way beyond its core ingredients

CognoLipid: In a league of its own for stress management



Phosphatidylserine

Tested only for physical exercise (acute stress)
Participants: men

Vs.

Phosphatidylserine Supercharged with Phosphatidic Acid

Proven for psychological and social stress

Chronic stress: If your stress system stays activated over a long period of time, it can lead to serious health problems.

The constant rush of stress hormones can put a lot of wear and tear on your body, causing it to age more quickly and making it more prone to illness.

According to American Psychological Association (APA), there are 3 types of stress:

* Acute stress: Appears for a short time

** Episodic acute stress: Regular mini-crises in which we live in a state of tension

*** Chronic stress: The grinding stress that wears us down over the years. The most harmful type of stress.



Lipogen supercharges products with a powerful scientifically optimized formula.

Cognitive health applications

Lipogen

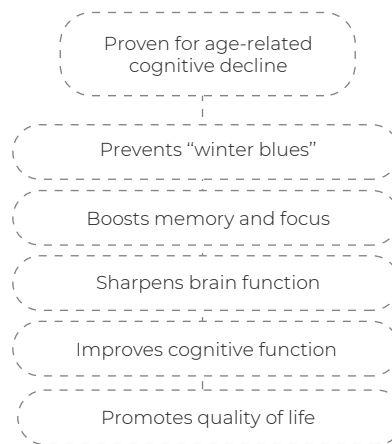
CognoLipid™

PMS symptoms improved significantly over 3 cycles, according to the Daily Record of Severity of Problems (DRSP) Total Score



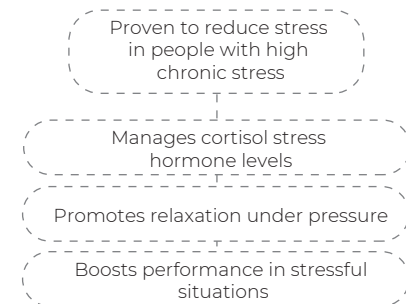
MemreePlus™

MemreePlus had a significant positive influence on memory, mood and daily functioning.



CognoLipid™

CognoLipid can normalize the hyper-responsivity of the HPA axis to an acute stressor in chronically stressed subjects.



Reducing stress has been shown to help:

