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**Subject:** P-S  
**Sent:** Tuesday, December 15, 2015 12:46:04 PM

Start slowly, 100 or 200 mg before bed.  
I typically take 200 to 300 mg before bed on stressful nights.  
Max dose is 600 mg.

*Thank you* for discussion today. Means a lot, Jeffrey.

[http://www.amazon.com/Jarrow-Formulas-Ps-100-Phosphatidylserine-Capsules/dp/B0013OXA8G/ref=sr\\_1\\_2?s=hpc&ie=UTF8&qid=1450183471&sr=1-2&keywords=phosphatidylserine](http://www.amazon.com/Jarrow-Formulas-Ps-100-Phosphatidylserine-Capsules/dp/B0013OXA8G/ref=sr_1_2?s=hpc&ie=UTF8&qid=1450183471&sr=1-2&keywords=phosphatidylserine)

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