

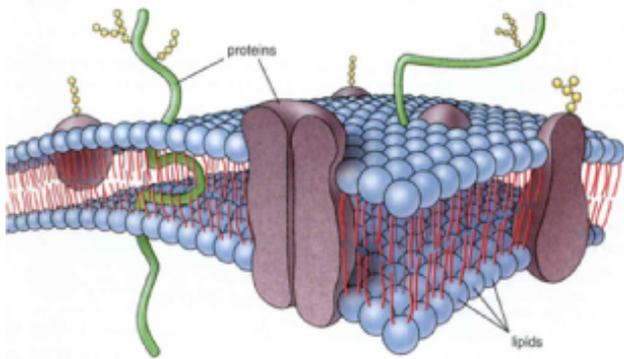
Vayacog

Vayacog is a prescription medical food approved by the FDA for attention deficit hyperactivity disorder (ADHD) in children. Vayacog contains phosphatidylserine and omega 3 fatty acids. These are both involved in building brain-cell membranes and help make the cell membranes more flexible.

The usual dosage is 1 capsules per day (taken morning or night, with or without food). Vayacog (also called Lipicogen™ 310 mg), contains:

- Phosphatidylserine (PS): 100 mg
- Docosahexaenoic acid (DHA): 19.5 mg
- Eicosapentaenoic acid (EPA): 6.5 mg

If insurance does not cover this you may be able to find some of the ingredients over-the-counter. The out-of-pocket cost of vayacog is \$49-75.



Vayacog contains key ingredients of brain cell membranes

Research

Vayacog improved memory (immediate and delayed recall as well as learning abilities) better than a placebo (sugar-pill) in a study involving 157 men and women (aged 50-90 years) who had memory problems.

Dietary Sources of Omega-3

One ingredient in Vayacog can also be obtained from dietary sources (or over-the-counter pills). It has been estimated that we would need to eat a pound of fish a day to get enough omega-3's. Oily fish such as anchovies, mackerel and salmon are high in omega-3, and you may get enough omega-3's by eating only 2 servings/wk of these.

Although the American Heart Association recommends eating two servings of fish each week, there are concerns that some fish may have high levels of mercury which could be harmful, particularly to pregnant women. Fish with higher mercury content include shark, swordfish, tilefish and king mackerel.

Other sources of omega-3 include: wheat germ, walnuts, canola oil and dark greens such as spinach and kale.

Side effects, risks and drug interactions

There are no significant side effects, risks or drug interactions with Vayacog

How to store and dispose of medication

- Keep out of the reach of children.
- Store away from heat, direct light and damp places.
- To safely dispose of unwanted pills: Do not pour in the toilet or sink (it will enter the water supply). To prevent children or pets from eating it, mix unwanted pills in a bag with a little water and inedible trash (such as coffee grounds or kitty litter) and throw in the trash.