

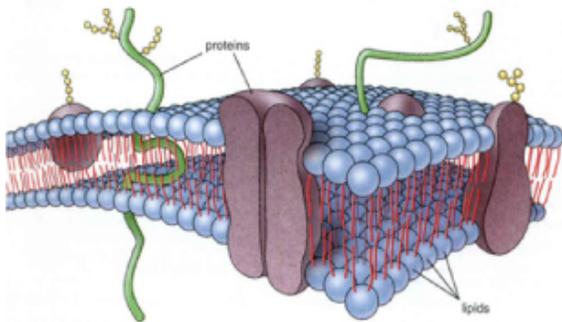
Vayarin

Vayarin is a prescription medical food approved by the FDA in 2013 for attention deficit hyperactivity disorder (ADHD) in children. Vayarin 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 2 capsules per day (taken at same time, with or without food). Vayarin capsules contain:

- Phosphatidylserine (PS): 150 mg
- Eicosapentaenoic acid (EPA): 43 mg
- Docosahexaenoic acid (DHA): 17 mg

If insurance does not cover this you may be able to find some of the ingredients over-the-counter.



Vayarin contains key ingredients of brain cell membranes

Research

The two compounds in Vayarin have been found to improve symptoms of ADHD. The omega-3 component has also been found effective in depression, bipolar disorder, psychosis. Omega-3's have anti-inflammatory properties and can reduce the risk of heart disease, improve triglyceride levels, help arthritis and may be good for skin conditions and bone strength.

The largest study of Vayarin involved 200 children with ADHD. In that study Vayarin was more effective than a sugar-pill (placebo) over a 30-week period (the 30 weeks was then extended to 45 weeks without the sugar-pill comparison).

Dietary Sources of Omega-3

One ingredient in Vayarin 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 Vayarin.

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.