

Vayarin™

Phosphatidylserine - Omega 3 Compound, EPA Enriched
Prescription Medical Food

A New Clinically Tested Approach for Families Concerned with ADHD

Vayarin™ is a prescription medical food for the clinical dietary management of certain lipid imbalance associated with ADHD in children.

What is ADHD?

ADHD - Attention Deficit Hyperactivity Disorder is a common neurobehavioural childhood disorder that affects approximately 10% (5.4 million) of children aged 4-17 in the US.

ADHD is associated with impairment in multiple aspects of functioning, including academic achievement, family and peer relationships, and low self-esteem.



What is the Unique Compound in Vayarin™?

The unique compound in **Vayarin™** is phosphatidylserine-omega 3, EPA enriched.

What is Phosphatidylserine?

Phosphatidylserine is a natural ingredient which is essential for the proper functioning of our cells, particularly brain cells. It was found to affect cell signaling, metabolism and the activation of specific proteins in the brain, as well as other processes involved in learning ability and behavioral issues.



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What are Omega 3, EPA and DHA?

Omega 3 fatty acids (which include Eicosapentaenoic (EPA) and Docosahexaenoic (DHA)) are a family of fatty acids essential to the human body and brain function. A connection between relatively low levels of omega 3 fatty acids and the presence of ADHD symptoms was described in a number of clinical studies.

Is Vayarin™ Effective?

Vayarin™ efficacy and safety was evaluated in a 30-weeks clinical trial. Diagnosis and evaluation were conducted using validated questionnaires including teacher evaluations, parent evaluations and quality-of-life questionnaires. It was found that **Vayarin™** significantly reduced several ADHD symptoms. The results of the study were published in the scientific journal “*European Psychiatry*”.

Directions of Use

Vayarin™ recommended dose is 2 capsules once a day or as directed by a physician. It is specially formulated, easy to swallow, hard shell capsule, which can also be opened and sprinkled on food. **Vayarin™** is not a stimulant or a controlled substance and has no potential for abuse or dependence. If the daily dose of **Vayarin™** is not taken, it is possible to make up the missed dose on the next day (up to a total daily dose of 4 capsules). **Vayarin™** contains shellfish and may contain soy and fish. Pregnant women, nursing women, people taking medications and children should consult a physician before use.

A Daily Dose of Two Hard Shell Capsules Contain:

Phosphatidylserine.....	150 mg
Eicosapentaenoic acid (EPA).....	43 mg
Docosahexaenoic acid (DHA).....	17 mg

How can I Get Vayarin™?

Ask your doctor if **Vayarin™** is right for you.



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