

# Vayacog™

Phosphatidylserine - Omega 3 Compound, DHA Enriched  
Prescription Medical Food

## Do You Remember?

**Vayacog™ is a prescription medical food for the clinical dietary management of certain lipid imbalance associated with early memory impairment.**

## What is Early Memory Impairment?

Early memory impairment is characteristic of several intermediate stages between normal cognitive aging and dementia, such as subjective cognitive impairment (SCI) and mild cognitive impairment (MCI). SCI, the earliest sign of cognitive impairment, is a common condition in older persons which increases the rates to progress to the more advanced stages of memory loss, such as MCI. In MCI a subtle objective cognitive impairment is present without a dramatic impact on overall function and activities of daily living. MCI patients are at risk to suffer from dementia such as Alzheimer's Disease.



## What is the Unique Compound in Vayacog™?

The unique compound in **Vayacog™** is phosphatidylserine-omega 3, DHA 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 cognitive function.

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## What are Omega 3 and DHA?

Omega 3 is a family of fatty acids which are essential for the human body. The fatty acid Docosahexaenoic (DHA), is the most common fatty acid in the human brain.

Scientific evidence point to a connection between low concentrations of DHA and cognitive problems, as well as dementia, caused by diseases such as Alzheimer's. In a number of studies, a connection was found between enriching daily nutrition with DHA and an improvement in cognitive function and memory ability, which can diminish with the aging process.

## Is Vayacog™ Effective?

**Vayacog™** efficacy and safety in improving memory parameters was tested in a clinical study among non-demented elderly with memory complaints. **Vayacog™** was found to improve a parameter related to short-term memory among participants with memory complaints, and to improve parameters related to learning, short-term memory and long-term memory among the participants with a relatively good cognitive status prior treatment. The results of the study were published in the scientific journals "*Dementia and Geriatric Cognitive Disorders*" and "*BMC Neurology*".

## Directions of Use

**Vayacog™** usual dose is one capsule per day, or as directed by a physician. **Vayacog™** contains soy and fish and may contain shellfish. Pregnant women, breastfeeding women, people on prescription medications and children should consult with a physician before use.

## Each Capsule Contains:

Phosphatidylserine.....100 mg  
Docosahexaenoic acid (DHA).....19.5 mg  
Eicosapentaenoic acid (EPA).....6.5 mg

## How can I Get Vayacog™?

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



[www.vayapharma.com](http://www.vayapharma.com)