

As you might know, the ability to recall old memories and create new ones doesn't leave us suddenly. Memory and cognition usually follow a downward trend over time. Otherwise healthy adults with early memory loss are **5 to 10 times** more likely to progress to more serious memory problems.

Vayacog[®] is a drug-free medical food, indicated for the dietary management of **Early Memory Impairment (EMI)**. In a clinical study, Vayacog[®] was shown to improve short term memory, and long-term memory and learning abilities in those with relatively better cognitive status, while being safe and well-tolerated.

Vayacog[®] helps to address the known lipid imbalances associated with EMI by supplying **DHA enriched PS-Omega-3**, designed to target the brain. These sound like some complicated molecules, but they are essential nutritional building blocks that are brought together and delivered in a special way in Vayacog[®]. Vayacog[®] is unique and unlike any supplement or drug out there.

We know that changes in cognitive status can be difficult to track. Therefore, we have prepared for you a **Vayacog[®] Memory Tracker** where you can follow changes associated with Early Memory Impairment.

HERE ARE SOME TIPS AS YOU FILL OUT THE TRACKER:

- ✔ It can be difficult to track and gauge the impact of changes in memory, so ask others who are consistently around you, such as close family members, to help you fill in this form and provide you with feedback.
- ✔ For Vayacog[®] to achieve its optimal effect, make sure to take 1 capsule every day as directed on the label.
- ✔ Give it time: Vayacog[®] manages EMI by supplying nutrients known to be deficient in people with memory problems, to help reinforce the natural foundation of a healthy brain. All ingredients are non-drug, and as such it can take 30 to 90 days for you to see the full effects once you start; be patient.

We at VAYA™ thank you for your interest in our products and we hope that you will benefit from Vayacog[®]!



If you have any questions about VAYACOG[®] or the memory tracker, please contact VAYA directly at contact@vayapharma.com - For more information on VAYA products go to www.vayadirect.com or call **1-844-483-4732**



PLEASE RATE HOW OFTEN YOU'VE EXPERIENCED MEMORY ISSUES IN THE PAST TWO WEEKS.

BEFORE YOU BEGIN!

- ✓ Before you begin taking Vayacog® make sure that you fill out the WEEK 0 column. It will give you a good reference on your memory status before starting on Vayacog®.
- ✓ Before you start filling in the diary, look at your calendar and fill in the dates of the next reporting points. Also, it's a good idea to set bi-weekly reminders in your calendar.

Read the list of memory issues below and use the rating scale to mark how often they occurred:



MEMORY ISSUES	WEEK 0	WEEK 2	WEEK 4	WEEK 6	WEEK 8	WEEK 10	WEEK 12
DATE FILLING OUT TRACKER:	_____	_____	_____	_____	_____	_____	_____
Difficulty performing and/or remembering common work-related tasks or leisure activities							
Trouble finding the right word when speaking							
Trouble recalling names of other people following introduction							
Difficulty in resolving complex problems							
Misplacing important items							
Repeating the same story you already told someone							
Experiencing reduced concentration and ability to focus							
Forgetting/Missing appointments							
Switching topics in a conversation or mid-sentence							
Experiencing rapid anger outburst ("short fuse") or other negative behaviors							
Difficulty navigating familiar routes or situations							
Other							
Other							

WHAT'S NEXT?

After you've filled out the tracker, look at each memory issue individually. Since Early Memory Impairment exhibits differently in each person, the degree of change is also different. We encourage you to share this questionnaire and your responses with your health care provider.