

Advyndra®: A safe and effective synergistic blend of amino acids and B vitamins improving quality of life based on clinical rating scales measuring depression and anxiety symptoms

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Objective: Evidence-based studies support the safety and benefits of B vitamins and amino acids enhancing the availability of these neurotransmitters. However, few studies have been done focusing on synergistic blends and their benefits. Prescription medications (stimulants, antidepressants and anxiolytics), are often used for first line targeting any deficiency in optimal brain performance. Though effective, these classes of medication are not without side effects including poor libido, weight gain, cognitive dulling and emotional numbing. We hypothesized that a synergistic blend of B vitamins and amino acids could improve cognitive performance and quality of life outcomes.

Methods: The study was an open label 8-week study of 27 healthy volunteers ages 18 to 65 with active symptoms of depression or anxiety measured by PHQ-9 and BAI rating scales; these including subjective reports of cognitive impairment.

Results: The results of the study indicated a statistically significant difference between initial PHQ-9 and 8 weeks PHQ-9 as well as initial BAI and 8 weeks BAI scores.

Conclusions: The statistically significant results underlies the importance of

treating clinicians addressing nutritional deficiencies and potential benefits of supplements when implementing treatment plans that for decades have primarily relied heavily and solely on prescription medications.

Speaker Biography

Germaine Hawkins is a General adult Psychiatrist and Medical Director of Hawkins Psychiatry, PLLC (www.hawkinspsychiatry.com) in Arlington, Texas and Executive Vice President, Director of Mental Health Division of Ultimaxx Health (www.ultimaxxhealth.org). He, as an Osteopathic –Trained Physician adopts a holistic and integrative approach to treating mental illness which fueled his formulating Advyndra® (advyn-druh) www.myadvyndra.com, a metabolic mood enhancement supplement. He obtained his Bachelor of Science in Biomedical Science from Texas A&M University –College Station, received his Doctorate of Osteopathic Medicine from University of North Texas Health Science Center – Ft. Worth and completed his Psychiatric Residency at John Peter Smith Hospital in Ft. Worth, Texas. He is also a Commissioned Officer in the US Army Reserves Medical Corps. He has experience as a combat stress Psychiatrist treating soldiers from Iraq and Kosovo in support of OIF/OEF suffering from PTSD (Post Traumatic Stress Disorder) and TBI (Traumatic Brain Injury).

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