

Amy Sindler, Ph.D. ***Project Manager***

Dr. Sindler is a Project Manager at Spherix Consulting Group. She has a unique background that encompasses directing a small R&D Scientific Affairs team at a dietary supplement company to running her independent research laboratory at the University of Iowa. Dr. Sindler completed post-doctoral training in the Integrative Physiology of Aging laboratory at the University of Colorado Boulder, specializing in cellular and molecular adaptations that contribute to various pathophysiological conditions.

Dr. Sindler has successfully conducted pre-clinical safety and efficacy studies that supported multiple clinical protocols and trial approvals. She is a published scientist with a passion for naturally occurring bioactive compounds and nutraceutical supplements. Dr. Sindler is an accomplished medical writer experienced in communicating complex scientific data to support strategic regulatory submissions.

Dr. Sindler loves cooking, spending time outdoors gardening, and playing competitive disc golf. For community outreach, she serves on the Longs' Peak Disc Golf Club Board in Longmont, CO, encouraging growth and diversification of the sport by welcoming more women and kids to participate.

At Spherix Consulting Group, Dr. Sindler is responsible for critically evaluating scientific literature; and for the design and interpretation of pre-clinical and clinical studies for food ingredients, dietary supplements, and pharmaceuticals. Additionally, she prepares health risk assessments and regulatory compliance reports to support Generally Recognized As Safe (GRAS) dossiers, New Dietary Ingredient Notifications (NDIN), Novel Foods Submissions, Investigational New Drug Applications (IND), and New Drug Applications (NDA).

As a valuable member of our team, she provides our clients with high-quality guidance. Dr. Sindler's goal is to educate clients with a clear understanding of the scientific rigor needed to meet or exceed guideline requirements that demonstrate the safety and efficacy of their novel products resulting in regulatory success.



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Expertise

Health and Human Physiology

Molecular and Cell Biology

Nutraceuticals

Aging

Credentials

*B.S., Exercise Physiology,
West Virginia University*

*M.S., Exercise Physiology,
West Virginia University*

*Ph.D., Cellular and Integrative
Physiology, West Virginia
University*

*Post-Doc Fellow, Integrative
Physiology of Aging, University
of Colorado Boulder*