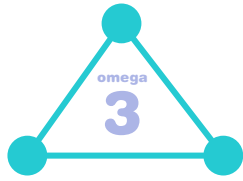


# children & omega-3 fatty acids



## what are omega-3s?

Omega-3s are a group of fatty acids that are beneficial and necessary for our health.<sup>1</sup>



## how do omega-3s benefit your child?

From the time of conception, many experts believe omega-3s are key nutrients, in adequate amounts, for children in terms of healthy growth and development.<sup>2,3,4,5</sup>



## here are ways these powerhouse nutrients in adequate amounts may give your child a healthy boost:



Helps to support the health & development of the brain<sup>3,6,7,8</sup>



Helps to support the health & development of the eyes<sup>3,6,7,8</sup>



Supports cellular development & function<sup>7,8</sup>



Helps to support the health & development of nerves<sup>3,6,7,8</sup>

## all about the brain:



The human brain is nearly 60 % fat, and fatty acids are among the most vital in determining how well it functions and performs.<sup>3</sup>



Most of the brain growth is completed by 5–6 years of age.<sup>3</sup>

# 97%

DHA is a major structural fat in the brain, accounting for up to 97% of the omega-3 fats in it.<sup>11</sup>



The best sources of EPA and DHA are cold water fish.<sup>9</sup>

If you're worried about possible toxicity in fish, purified fish oil supplements that have been thoroughly tested can be a safe source of EPA & DHA.<sup>9</sup>

Please seek advice from your child's healthcare practitioner before your child begins taking a supplement.

### Sources

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