

Product Name:

DHA Chews - Orange Creamsicle Flavour

NPN:

80023628

Galenic Form:

Softgels

Format:

180 softgels.

Ingredients:

Each softgel contains:

Fish oil (anchovy and/or salmon and/or sardine and/or tuna body oil)250 mg providing:
Eicosapentaenoic acid (EPA)..... 25 mg
Docosahexaenoic acid (DHA).....100 mg

Non-medicinal ingredients:

Stevia rebaudiana leaf, orange flavour, vitamin E, purified water, glycerin, modified corn starch, annatto extract, gelatin.

This product does not contain dairy, egg, gluten, shellfish, sulfites or artificial colours, flavours or preservatives.

Formula Rationale:

Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are omega-3 fatty acids found in the body oils of cold water fish and marine mammals. The fish oil used in RxBalance™ is extracted by a natural process from Norwegian sardines and anchovies. It is molecularly distilled to achieve the highest purity and also minimize fish odour. Furthermore, *DHA Chews* are independently tested to be free of contaminants, e.g. mercury, lead, dioxins and furans.

EPA and DHA are “super unsaturated” fatty acids that cannot be produced by the body. Omega-3 fatty acids are abundant in the most biochemically active tissues in the body such as brain cells, synapses, adrenal and sex glands and the retina.

The body cannot produce, nor can it convert omega-6 fatty acids, which are plentiful in the Western diet, into omega-3 fatty acids. EPA and DHA molecules help prevent aggregation of saturated fatty acids and cholesterol and also appear to lower fibrinogen levels in arteries. Series 3 prostaglandins, made from EPA, help prevent clot formation and lower blood pressure by blocking the over-production of Series 2 prostaglandins.

Omega-3 fatty acids are important for parts of the brain used for memory, learning and reasoning. When omega-3

fatty acids are not consumed in sufficient amounts, these functions may be impaired.

It is known that children with ADHD are more likely to show symptoms of low omega-3 levels (eg. dry skin, dry hair, excessive thirst) and have lower levels of omega-3 in their blood than children without ADHD.

There is also evidence that increasing omega-3 levels reduces the severity of ADHD-type behaviour, such as inattention, in children and adolescents.

The problem with Omega-3 nutrition in children is simple... the fish! Many children, and adults, simply do not like the taste of fish. Furthermore, consuming large quantities of fish can lead to increases in mercury levels in the body.

DHA Chews address these two major problems by offering a source of Omega-3 fatty acids, high in DHA, the “brain food” of the Omega-3 family of fatty acids whilst avoiding mercury contamination.

Primary indication(s):

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years of age. A source of EPA and DHA for the maintenance of good health.

Recommended dosage:

Children aged 1 – 13: Take 1 softgel twice daily.
Adults and adolescents 14 years and older: Take 2 softgels twice daily.

Complements:

Kyolic, Magnesium Bisglycinate.

Caution:

This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.



Dr. Crisafi's comments:

Thousands of years ago, our hunter-gatherer ancestors consumed virtually as much omega-3 as omega-6 fatty acids, an ideal balance for our needs.

With the advent of agriculture this ratio began to change, less fish and nuts and therefore less omega-3. With time our Omega-3 to Omega-6 ratio has gone from 1:1 to 1:15 in favour of Omega-6 fatty acids. Of course, this situation has been an important factor in the rise of cardio-vascular disease as well as increased inflammatory processes.

Unfortunately, our major sources of Omega-3 fatty acids, fish, can be contaminated with PCBs and mercury, making them less than ideal for a preventative or therapeutic use. The high quality source of DHA in the DHA Orange Creamsicle Chews, and its pleasant flavour makes the product ideally suited for children and adolescents (and finicky adults as well).

Though Omega-3 fatty acids are effective in many types of ADHD as well as in preventing many factors associated with cardiovascular disease, they have potent anti-inflammatory effects. An important body of research is now demonstrating the effectiveness of Omega-3 fatty acids in reducing inflammation in general and inflammation associated with auto-immune disorders in particular.

The essential fatty acids also play an important role in certain behavioural problems. Research has highlighted the fact that Omega-3 supplementation improves symptoms in schizophrenia as well as in bipolar disorder. Some effects seem to have been demonstrated for Alzheimer's though these are less conclusive.

Finally, we should bear in mind that children and adolescents need proportionately more fatty acids than adults. This is especially true of Omega-3 fatty acids. Because these fatty acids are essential for growth, including sexual development in children and adolescents, their needs are greater than for older individuals.

Selected References

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