

What is Omega-3?

Omega-3 fatty acids can be obtained from fish that live in the ocean. The two fatty acids, EPA and DHA, are vital for brain development and daily brain function of all children. Omega-3 essential fatty acids cannot be manufactured by our body and must be obtained through a regular intake of ocean fish or Omega-3 supplement. ^[1]

The key active substances of Omega-3 – EPA and DHA provide synergistic action as they work together to improve brain function and enhance children learning potential. ^[2-3]

Omega-3 and Children's Learning & Behavior

Adequate intake of Omega-3 essential fatty acids can help children perform well in school. EPA and DHA also help them concentrate and improve their behavior as well as enhancing their potential and ability. ^[2-3]

Studies show that children deficient in Omega-3 essential fatty acids may have more behavioral problems, such as hyperactivity and learning difficulty, as compared with children who are on regular intake of Omega-3. ^[3]

It is widely recognized that many children do not eat enough ocean fish to obtain adequate Omega-3 essential fatty acids. Therefore, a good quality Omega-3 supplement would be the right choice for those children who may benefit from it.

Deficiency of Omega-3 Essential Fatty Acids may lead to:

- Allergies ^[1]
- Poor concentration ^[2-3]
- Memory problem ^[2-3]
- Excessive mood swing ^[1]
- Sleep difficulty ^[1]
- Reading problem ^[2-3]

The Benefits of Ocean Children Omega 3 DHA EPA Fish Oil May Help:

- Promote learning ability ^[2-3]
- Improve attention and concentration ^[2-3]
- Suppress hyperactive behavior ^[3]
- Improve memory & intelligence ^[2-3]
- Protect retina and support good vision ^[6]

High Quality of Ocean Children Omega 3 DHA EPA Fish Oil

Ocean Children Omega 3 DHA EPA Fish Oil are manufactured in New Zealand and its manufacturing procedure is closely monitored by New Zealand Therapeutic Goods Administration (TGA) to assure the product is safe and effective.

Each capsule is rich in EPA, DHA, Colostrum IgG and Zinc which elements are for supporting growth of children. ^[4-5] Probably comprehensive and high quality content of fish oil among children supplements.

Ocean Children Omega 3 DHA EPA Fish Oil is a safe natural supplement and does not cause any side-effect. It is an excellent supplement with delicious fruit flavor and both children and adults will surely love it.

Direction:

Children 3 years up: chew one capsule daily.

Children 6 years up: chew two capsules daily.

Children 12 years up and Adult: chew three capsules daily or as directed by physicians.

Children can twist and open the tail of capsule and squeeze the fluid into the mouth, or mix the fish oil with milk, juice and your favorite drinks and food.

References:

1. Fats and fatty acids in human nutrition. Report of an expert consultation. Geneva. 10 - 14 November 2008. FAO (Food and Agriculture Organization of the United Nations). Food Nutr Pap. 2010;91:1-166.
2. Sinn N, Milte C and Howe PR. Oiling the Brain: A Review of Randomized Controlled Trials of Omega-3 Fatty Acids in Psychopathology across the Lifespan. Nutrients 2010 Feb;2(2):128-170.
3. Richardson AJ, Ross MA. Fatty acid metabolism in neurodevelopmental disorder: a new perspective on associations between attention-deficit/hyperactivity disorder, dyslexia, dyspraxia and the autistic spectrum. Prostaglandin Leukot. Essent. Fatty Acids 2000 Jul-Aug; 63 (1-2): 1-9.
4. Kelly GS. Bovine Colostrums: A Review of Clinical Uses. Altern Med Rev 2003;8(4):378-394.
5. Brown KH. Commentary: Zinc and child growth. Int J Epidemiol. 2003 Dec;32(6):1103-4.
6. Querques G, Forte R and Souied EH. Retina and Omega-3. J Nutr Metab. 2011; 2011: 748361.

Disclaimer: This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

免責聲明: 此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。