



NORDIC NEWS

The Industry Leader in Essential Fatty Acids for Optimum Health & Wellness

Vol. X Children's Health

Taking Care of Our Children's Nutritional Needs

Ensuring the Best Source of Omega-3 Essential Fatty Acids!

Understanding the Basics

Are our children getting enough quality omega-3 essential fatty acids (EFAs) from the foods that we serve them? This is an important question for parents to ask.

There are three nutritionally important omega-3 fatty acids: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Direct sources of EPA and DHA include salmon, tuna, halibut, sardines, eggs, and grass-fed beef. You can think of EPA and DHA as the building blocks of your child's body. They are fats that make up every cell membrane and are important for every aspect of your child's functioning, from hormone regulation to healthy vision. For example, DHA is necessary for proper brain and nerve development in infants and children.

ALA can be found in foods like walnuts, hemp seeds, flax seeds, and some dark green leafy vegetables. The body converts ALA into EPA and DHA. Many experts think that the conversion of ALA into EPA and DHA can be affected with less than desired results if the enzymes required for this conversion do not function optimally. It is suggested that a direct source of the omega-3s, EPA and DHA, be consumed to meet the daily need either through food or supplements or a combination of both.

Fish is one of the most abundant sources of EFAs, but children don't always eat enough fish on a regular basis. Even those who eat fish several times a week aren't getting enough EFAs because much of the fish consumed today is farm raised (i.e. fed a diet of grains instead of fish meal) and lack significant amounts of EPA and DHA.

Online Support

Don't miss a single issue of the Nordic Naturals newsletter. You can download at nordicnaturals.com under "General Public." Also online, you can sign up for our free e-newsletter and watch the video, "The History of the Arctic Cod."

How Much is Enough?

Use the following ISSFAL recommendations to determine your child's daily need for EPA and DHA. This is suggested for children who are healthy and do not have any major health issues.

Infants 1 to 18 months

32 mg of EPA+DHA/lb of weight

Children 1.5 to 15 years

15 mg of EPA+DHA/lb of weight

Older Teens 15 to 20 years

500 mg EPA+DHA with a min of 220 mg of each

For example, for a 15-year-old boy to get 500 mg of EPA+DHA daily, he would need to consume 1/3 cup of sardines or 2 oz of salmon or 1/2 tsp of cod liver oil or 2 soft gels of a high quality omega-3 fish oil at an EPA+DHA ratio of 18:12 per day.



Survey Shows **Low** Awareness of Omega-3s for Children

A recent Harris Interactive survey found that a majority of U.S. parents aren't aware of the important benefits of DHA in the development of their children's heart, brain, and eyes. The research revealed that 68% are not sure what DHA does and 59% of parents are not aware of the benefits of DHA to their child's health.

Moral of the story: Pass the fish oil and help us tell other parents about Nordic Naturals products being an excellent source of EPA and DHA. Recycle this newsletter by giving it to the family next door!

Can fish oil supplementation be a key to unlock the voices of children with speech and language disorders?

We've asked expert, Dr. Marilyn Agin, neurodevelopmental pediatrician and former Medical Director of the New York City Early Intervention Program, to comment. She is one of the authors of the new book, *The Late Talker—What to Do if Your Child Isn't Talking Yet*.

Marilyn, why did you and your coauthors, Lisa Geng and Malcolm Nicholl, write this book?

We wanted to help parents determine whether a child had a speech delay or a more serious speech disorder. With the combined

advice from a parent and a neurodevelopmental pediatrician, this book gives them the much needed guidance on the warning signs of a serious speech disorder, finding a therapist for their child, exercises that can be done at home, and how to interface with their educational environment and service providers.

What connection does fish oil play in all of this?

There may be a number of reasons why fish oils may help children diagnosed with apraxia and other communication impairments. It appears that there is a deficiency or malabsorption of nutrients that contributes to low bioavailability of omega-3 fatty acid to the cells of the nervous system. Anecdotally, we can attest to the fact that thousands of speech-impaired children have experienced significant clinical improvements in verbal speech from omega-3/6 fatty acid supplementation. Secondary effects of the fish oils include improvements to muscle tone, motor planning, sensory issues, mood, and attention. **To learn more, visit cherab.org**

Dr. Keri's Top Five Nutrients for Kids

Omega-3s: fish, fish oil, free range organic eggs, grass-fed beef

Calcium: yogurt, cheese, milk, broccoli, almonds, salmon

Antioxidants: blueberries, cherries, raspberries, mango

Iron: molasses, wheat bran and germ, pumpkin seeds, almonds, raisins, leafy greens with lemon juice

Vitamin C: citrus, strawberries, mango, watermelon, broccoli, spinach 🌞



Which Product is Right for Your Child?



- ◆ Nordic Berries are a great tasting multivitamin companion to all of the children's omega products.
- ◆ Nordic Omega-3 Gummies are rich in omega fatty acids for ages 2 and up. **Great tangerine taste!**
- ◆ Children's DHA provides the optimal ratio of essential fatty acids for children ages 3+
- ◆ Omega-3.6.9 Junior provides the optimal ratio of essential fatty acids for children ages 5+
- ◆ Great-tasting, chewable soft gels or liquids that kids love!

For research studies on omega-3 fish oils, visit: omega-research.com • 800.662.2544 • nordicnaturals.com