

NORDIC NEWS

professional sales

MAY 2009

RESEARCH SPOTLIGHT *by Tori Hudson, ND*

Omega-3 Fish Oil, Female Fertility, and Healthy Pregnancy

Omega-3 essential fatty acids from fish oil are an important strategy in enhancing female fertility and carrying a pregnancy to term. Chronic inflammation and infection are involved in female infertility in cases related to endometriosis and pelvic infections. Reducing inflammation and enhancing the immune system is a vital aspect of treating these conditions and in supporting the implantation of the embryo in the uterus. Omega-3 essential fatty acids play a critical role in these anti-inflammatory and immune-stimulating mechanisms.

Trials on omega-3 fatty acids conducted in pregnant women have shown a significant reduction in the incidence of premature delivery. In one such study, fish oil was investigated for its effects on pregnancy duration, birth weight, intrauterine growth restriction, and pregnancy-induced hypertension. Omega-3 fatty acid supplementation of 2.7 grams per day was compared to olive oil and/or no supplement. The fish oil-supplemented pregnancies lasted four days longer and birth weight was 107 grams greater.

In another study, infants born of mothers who had been given cod liver oil had higher levels of DHA in their umbilical cord, and a longer gestation. Fish oil also appeared to be related to a reduction in the risk of preterm delivery in those women who had experienced a previous preterm delivery. In a study of pregnant women in Iceland, those consuming liquid cod liver oil in the first 15 weeks of pregnancy had babies with higher birth weight. Preeclampsia, a dangerous condition related to high blood pressure, edema (swelling) and protein in the urine can also be helped by fatty acid supplementation. A group of pregnant women receiving a combination of evening primrose oil and fish oil had a significantly lower incidence of edema.

Current scientific research continues to show us that enhancing fertility and optimizing pregnancy remains a special feature of supplementing with fish oils.

1. Allen K, Harris M. The role of n-3 fatty acids in gestation and parturition. *Exp Biol Med* 2001;226(6):498-506.
2. Olsen S, Sorensen J, Secher N, et al. Randomised controlled trial of effect of fish-oil supplementation on pregnancy duration. *Lancet* 1992;339:1003-1007.
3. Helland I, Saugstad O, Smith L, et al. Similar effects on infants of n-3 and n-6 fatty acids supplementation in pregnant and lactating women. *Pediatrics* 2001;108(5):E82.
4. Olsen S, Secher N, Tabor A, et al. Randomised clinical trials of fish oil supplementation in high risk pregnancies. Fish oil trials in pregnancy team. *Br J Obstet Gynaecol* 2000;107:382-95.
5. Olafsdottir A, Magnusardottir A, Thorgeirsdottir H, et al. Relationship between dietary intake of cod liver oil in early pregnancy and birth weight. *BJOG* 2005;111:424-429.
6. D'Almeida A, Carter J, Anatol A, Prost C. Effects of a combination of evening primrose oil and fish oil versus magnesium, and versus placebo in prevention pre-eclampsia. *Women and Health* 1992;19(2/3):117-131.

FEATURED PRODUCT

Arctic Cod Liver Oil™

Whereas many cod liver oil products on the market are made from fish other than cod, Nordic Naturals has always used 100% Arctic cod livers—no fish body oils are ever used. Our Gold Standard Arctic Cod Liver Oil formulas provide:

- 14% DHA / 9% EPA
- industry-leading purity and freshness levels
- No fishy taste or aftertaste



Available in:

- 8 ounce—lemon, orange, peach, spiced apple, strawberry, unflavored
- 16 ounce—orange

1 teaspoon contains:

- 410 mg EPA
- 625 mg DHA
- 600 mg Oleic Acid
- 650-1500 I.U. Vitamin A
- 100 I.U. Vitamin D3
- 30 I.U. Vitamin E

Call for current pricing

PROFESSIONAL  EXCLUSIVE

NORDIC NATURALS 
Pure and Great Tasting Omega Oils

For more information, please contact:

800.662.2544 x1 • prosales@nordicnaturals.com

For more research on fish oil, please visit: omega-research.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.