What Are Omega-3 Fatty Acids?

Omega-3 and omega-6 fatty acids are polyunsaturated fats. Unlike saturated fats, polyunsaturated fats are chemically active fats that are important structural components of every cell membrane in our body. A large body of research has shown that omega-3 fats are very important for cardiovascular health, and among many other benefits. However, our bodies can’t make these polyunsaturated fats, and our everyday diets, especially in Western societies, have become increasingly deficient in omega-3.

Recent reports suggest that children aren’t getting enough omega-3 out of their diet for adequate nutrition, causing a widespread public health concern. During development of early childhood years, it is essential that children receive enough vitamins, minerals, antioxidants and essential fatty acids. Significant physical and psychological health problems can result from nutrient deficiency, and substantially effect long term development. A fundamental nutrient deficiency that impacts considerably on brain and eye health, as well as cognitive function is omega-3 fatty acids.

An Australian study conducted in NSW, called the Schools Physical Activity and Nutrition Survey (SPANS), showed that children are not getting enough fish in their diet. It has been recommended by the National Health and Medical Research Council of Australia (NHMRC), that kids should have at least 2-3 meals of fish per week for adequate intake of omega-3. However, concentrations of DHA are found in the photoreceptors of the retina, where it plays a role in fluidity of retinal membranes and visual function. DHA deficiency has been linked to structural and functional abnormalities in the eye, due to decreased efficiency of visual signalling pathways.

Regardless of age, everyone needs omega-3 fatty acids in their diet. More so for the developing mind and for learning, omega-3 is crucial for kids. So what can be done about the problem of kids not eating enough fish? Are there any alternatives to fish? A good supplement is a great place to start along with a healthy diet.

Why BiOmega™ Jr.?

As we have seen, omega-3 fatty acids are a key component in getting a child off to a smart start, but are often missing from children’s diets. A quality supplement like BiOmega Jr. can make it fun and easy for kids to get the DHA and EPA they need for healthy bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3, BiOmega Jr. provides an efficacious amount of highly absorbable DHA and EPA in a delectable orange flavoured creamy gel with no fishy taste or after-taste. BiOmega Jr. also supports overall good health. Packaged in single-serve packets, children will love having their very own packet of BiOmega Jr. as a treat every other day. Parents will love the convenience of single serves – to hand out easily and to carry around even when away from home.

What is the Benefits of Omega-3?

Research has established that omega-3 fatty acids are crucial for healthy brain development, and researchers are also finding that omega-3 deficiencies might be related to a range of mental health problems.

**Omeg-3 for Healthy Eyes**

Numerous clinical studies have shown that omega-3 fatty acids support healthy eye development. High concentrations of DHA are found in the photoreceptors of the retina, where it plays a role in fluidity of retinal membranes and visual function. DHA deficiency has been linked to structural and functional abnormalities in the eye, due to decreased efficiency of visual signalling pathways.

References


Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.