



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

**Introducing...**

**New!**

**Designed for children with impaired cognitive function, ADD, or short attention span.**

## Biomega-DHA Gummies

**“Biotics Research just introduced a new emulsified DHA product for children called Biomega-DHA™ Gummies.”**

Do you have children or grandchildren with ADD, short attention span, or impaired cognitive function? Because low levels of DHA have been associated with these conditions. DHA is an essential fatty acid that is part of the omega-3 complex we hear so much about. DHA is the most abundant fatty acid in the brain. It's found at levels several hundred-fold higher than EPA. DHA has a unique effect on cell membrane fluidity and permeability which allows nutrients to come into cells and toxins to leave. It's concentration in the brain and retina is higher than in any other cell. It has a significant role in memory formation, learning, and neuroprotection. And DHA is important for vision and color detection through a process

called photoreceptor biogenesis. So, it should be no surprise that pregnant women and children need to have optimal levels of DHA.

And now we can get a therapeutic amount of DHA in a neutral tasting, one-a-day gummy. Better yet, even though it's a gummy, it is sugar free and comes in an emulsified delivery system. And who doesn't love gummies, and better yet, healthy gummies?

DHA may be the real star of the "anti-inflammatory" omega-3 fatty acid show. One study showed DHA raised the good cholesterol HDL more than EPA. DHA outperformed EPA in reducing triglycerides and inflammatory markers, that you might not be familiar with, like

C-Reactive Protein (CRP) and Tumor Necrosis Factor alpha (TNF $\alpha$ ). DHA also increased Brain Derived Neurotrophic Factor, BDNF.

Contrary to our earlier understanding, we know now that parts of the brain can regenerate though a process called neurogenesis. To stimulate neurogenesis, certain chemicals called neurotrophins are involved. One of the most exciting factors and one of the most active is a protein called BDNF, short for Brain Derived Neurotrophic Factor. Some of the factors that are involved in turning on BDNF are voluntary exercise, caloric reduction, and intellectual stimulation. And now we can add DHA to the list.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Whenever we think about therapeutic oils, here's an important question to ask ourselves. How are oils present in nature? Oils in nature, whether in breast milk, seeds, or nuts, are emulsified.

Biotics Research just introduced a new emulsified DHA product for children called Biomega-DHA™ Gummies. Biomega-DHA Gummies are sourced from a sustainable fishery located in the cold Pacific waters. Each smart chew contains 384 mg of DHA and EPA, specifically 320 mg of DHA and 64 mg of EPA in an emulsified form. Because they are in an emulsified form, they are easily digestible and highly bioavailable.

Here's a chart that shows the value of emulsification on fish oils. The ascending axis shows mean concentration of EPA and DHA in micrograms per millimeter. The bottom axis shows time in hours. When the capsule is taken, represented by the gold line, the peak amount is around 55 and tapers to 50 over a 12 hour period. To me this is great news to see the benefits of fish oil capsules over a 12 hour period. It shows essential fatty acids stay in the blood long enough to cause positive changes. The red line represents the gelled emulsion and shows significantly great enhanced bioavailability, a 43.3% increase in bioavailability. In other words, the emulsification process keeps DHA in the bloodstream faster and longer than just taking the oils themselves.

And so, children who might only take one capsule per day, will receive the greatest benefit.

Here's a great picture of particle size. The oil to the left shows oil droplets in salmon. The picture to the right shows the size of the emulsified fish oil droplet in Biotics new smart chew gummy.

Biomega-DHA Gummies are easy to chew and swallow, they sport enhanced absorption, secured stability, and they have a healthy DHA dose. They are in a digestible form and sugar free. Different from products like Children's ENT Pro, they are not designed as a lozenge. They have a neutral taste and are easily chewed and swallowed. The oil in Biomega-DHA Gummies is sourced in a sustainable manner respectful of the eco system.

By the way, these smart chews are not just for kids. Some adults may have difficulty taking large capsules and may enjoy the availability of a gummy. Everybody likes gummies. As a side benefit, Biomega-DHA Gummies contain 21 mg of choline. Choline is another essential nutrient that is important for healthy brain function and serves as a precursor for the calming neurotransmitter acetylcholine.

In an age where children are struggling with learning, whether it's from ADD, short attention span, or any type of impaired cognitive function, Biomega-DHA Gummies provide the essential fatty acids to assure the brain has the nutritional support it needs to function in a healthy manner. Talk to your clinician about Biomega-DHA Gummies or order a box and give your child one a day as a therapeutic trial.