



PRESS RELEASE

NEW STUDY SHOWS OMEGA-3 MAKES BRAINIER BABIES

[mumomega™ - The simple way to ensure enough omega-3 in the diet throughout pregnancy and breastfeeding!](#)

New research data from an extensive study shows that mothers who eat more oily fish during pregnancy give birth to babies with a higher IQ, and more advanced social skills later in life.¹

In particular, according to the study, the amount of omega-3 in a pregnant woman's diet helps to determine her child's intelligence, fine-motor skills (such as the ability to manipulate small objects, and hand-eye co-ordination) and also disposition to anti-social behaviour.

The Avon study² was started by Professor Jean Golding, at the University of Bristol, 15 years ago with the aim of solving the genetic and environmental pathways that influence children to disease. The study contains data on 14,000 expectant mothers and their offspring.

Professor Golding³ and Dr Hibbeln⁴ and have been examining this data bank for the effects of maternal nutrition, focusing on the effects of omega-3 intake. Dr Hibbeln announced their conclusions on January 17th at a scientific meeting organised in London by the Institute of Brain Chemistry and Human Nutrition.

The results found⁵:

- Children of those women who had consumed the smallest amounts of omega-3 fatty acids during their pregnancies had verbal IQs 6 points lower than average.
- At 3½ years of age, those children with the best measures of fine-motor performance were the ones whose mothers had had the highest intake of omega-3s.
- A low intake of omega-3s during pregnancy led to higher levels of pathological social interactions such as an inability to make friends as a child grew up.

¹ The Avon Longitudinal Study of Parents and Children.

Stereoacuity at age 3.5 y in children born full-term is associated with prenatal and postnatal dietary factors: a report from a population-based cohort study. Williams C et al Nutr. 2001 Feb;73(2):316-22. Department of Ophthalmology, University of Bristol

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⁴ Dr Joseph Hibbeln, Researcher at America's National Institutes of Health –www.health.nih.gov

⁵ www.economist.com

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The findings supports research⁶ and government recommendations⁷, that pregnant women should ensure that they get an adequate source of vital omega-3 long chain fatty acids: DHA and EPA.

ISSFAL⁸ advises that pregnant and lactating women take at least 300 mg of DHA a day, and infants at least 100 mg of DHA a day. However the Food Standards Agency (FSA) guidelines from 2004⁹ advise that pregnant women eat no more than one or two portions a week due to possibility of the fish containing pollutants such as PCB's and dioxides.

A safe and convenient way of ensuring fatty acid input for pregnant women is by taking a supplement called **mumomega™** which was formulated on the basis of research studies to deliver the daily DHA levels advised by ISSFAL.¹⁰

www.equazen.com.

ENDS

Notes to editors:-

- **mumomega™** contains a pharmaceutical-grade fish oil which has been cleaned of all pollutants and impurities and is in full compliance with European Union and World Health Organisation regulations. The evening primrose oil in qarma is an organic virgin-pressed specification. Each batch has been independently analysed and certified to be free of any environmental pollutants, so **mumomega™** is a supplement that any expectant mother can take with confidence.

Issued on behalf of: Equazen Nutraceuticals

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⁶Breastfeeding, very long polyunsaturated fatty acids (PUFA) and IQ at 6 1/2 years of age.

Gustafsson PA et al. Paediatr. 2004 Oct;93(10):1280-7. Division of Child and Adolescent Psychiatry, Faculty of Health Sciences, Linkoping, Sweden.

Maternal supplementation with very-long-chain n-3 fatty acids during pregnancy and lactation augments children's IQ at 4 years of age. Helland IB, et al. Pediatrics. 2003 Jan;111(1):e39-44. Institute for Nutrition Research, University of Oslo, Oslo, Norway.

⁷ www.food.gov.uk

⁸The International Society for the Study of Fatty Acids and Lipids www.issfal.org.uk

⁹ www.food.gov.uk

¹⁰The International Society for the Study of Fatty Acids and Lipids. www.issfal.org.uk