

DHA

Docosahexaenoic Acid / 100 mg



DESCRIPTION

Wellness Works DHA formula (Neuromins from Martek Biosciences) is a highly purified form of DHA from microalgae, and not fish. Each softgel contains 100 mg of DHA.

FUNCTIONS

Docosahexaenoic acid (DHA) is the most abundant essential fatty acid in the brain and the retina of the eye and is essential for normal, healthy brain structure and function and healthy vision. It is extremely important during pregnancy for the mother as well as the developing brain of the fetus. DHA is also passed through breast milk as an important nutrient for newborn brain development. Studies in babies and children show higher DHA levels help better support learning and cognitive function. Similar results seen in adolescents, where DHA supports better cognitive function and may be helpful for skills required for higher learning. In healthy adults and the elderly with age-related decline in memory, DHA can significantly improve episodic memory and learning functions. DHA is also a key component of the cardiovascular system being required for healthy heart function, normal, healthy triglyceride levels and overall cardiovascular health.

INDICATIONS

DHA may be a useful dietary supplement for those who wish to increase their dietary intake of DHA and for women who are pregnant or planning to become pregnant.

SUGGESTED USE

Adults take 1 softgel, 1 to 2 times daily with meals, or as directed by a healthcare professional.

FORMULA (WW #10044)

1 Softgel Capsule Contains:

DHA 100 mg
(docosahexaenoic acid from microalgae oil)

Other Ingredients: Vegetarian softgel [modified cellulose, glycerin, carrageenan, sorbitol, purified water, beta carotene (natural color) and caramel (natural color)], high oleic sunflower oil, sunflower lecithin, natural vitamin E, ascorbyl palmitate, and natural flavor.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, artificial preservatives or flavors.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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- Karin Yurko-Mauroa, Deanna McCarthya, Dror Romb, Edward B. Nelsona, Alan S. Ryana, Andrew Blackwellc, Norman Salem Jr.a, Mary Stedman (03 May 2010). "Beneficial effects of docosahexaenoic acid on cognition in age-related cognitive decline".
- Matthew, Muldoon; Christopher M. Ryan, Lei Sheu, Jeffrey K. Yao, Sarah M. Conklin, and Stephen B. Manuck (January, 28). "Serum Phospholipid Docosahexaenoic Acid Is Associated with Cognitive Functioning during Middle Adulthood". *Journal of Nutrition* 140 (4): 848-53.

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