

# NanOmega<sup>3</sup>™ Golden Flax, Vegan DHA & Synergistic Vitamins For Pregnant and Nursing Moms and Their Infants

## Description

NanOmega<sup>3</sup>™ is made from all vegan sources. Docosahexaenoic acid (DHA) is an omega-3 fatty acid that is an important structural element of the brain and retina.\*\* In fact, DHA is a component needed for baby's brain and eye development.\*\*

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## Product Features

- Provide over 1 gm of omega-3 fatty acids as 100 mg DHA and 1,000 mg ALA
- Delicious orange pineapple, No fishy taste or burps!
- Convenient, single serving travel pack option available
- Good source of antioxidants, fiber, and vitamins E, D and B

## Indications

DHA supplementation is usually indicated in any one who does not eat fish regularly. NanOmega<sup>3</sup>™ is *especially* important for pregnant and nursing women and infants. It helps supply the DHA their diet may lack. Supplementation with a biologically equivalent DHA oil increased DHA blood levels in pregnant women<sup>1</sup> and in the milk levels<sup>2,3</sup> and blood levels of lactating women<sup>3</sup> or their babies.<sup>2</sup> This may help support structural development of their babies' brain and eyes.

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## Supplement Facts

**Amount Per Serving** % Daily Value\*  
**Calories 57**      **Calories From Fat 22**

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**Total Fat** < 2.5 g 4%

    Saturated Fat 0.25g 1%

    Trans Fat 0 g

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**Total Carbohydrates** 7g 2%

    Dietary Fiber 2.5 g 10%

    Sugars 1 g

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**Protein** 1 g

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**Vitamin D<sub>3</sub>** (choliciferol) 400 IU 100%

**Vitamin E** (as d-alpha Tocopherol Succinate) 30 IU 100%

**Vitamin B6** (as pyridoxial-5phosphate) 1 mg 50%

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<b>Vitamin B9</b> (as folic acid) 200 mcg	50%
<b>Vitamin B12</b> (as cyanocobalamin) 85.5 mcg	1,425%
<b>Calcium</b> 21 mg	2%
<b>Iron</b> 425 mcg	2%
<b>Sodium</b> 5 mg	<1%
<b>Potassium</b> 36 mg	1%
<b>Total Omega-3</b> 1,100 mg	†
Omega-3/DHA 100 mg	†
Omega-3/Linolenic Acid 1,000 mg	†
Omega-6 300mg	†
Lignans 50mg	†
Tumeric 70mg	†
<b>Stevia Leaf Crystals</b> ( <i>stevia rebaudiana</i> ) 70mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Values not established

#### Other Ingredients:

Meadow Pure™ Omega-3 Ultra Golden Flax\* with Martek's DHA oil derived from , rice bran soluble fiber\*, natural flavors (plant based), rice malto-dextrin\*, inulin\*, silica (flow agent), xanthan gum, natural curcumin color (plant based), Nanosorb® (phospholipids, lipid esters).

\*organic

#### Dosage

Adult: 1 or 2 scoop a day

Children under 6: 1/2 scoop a day

#### Product Characteristics

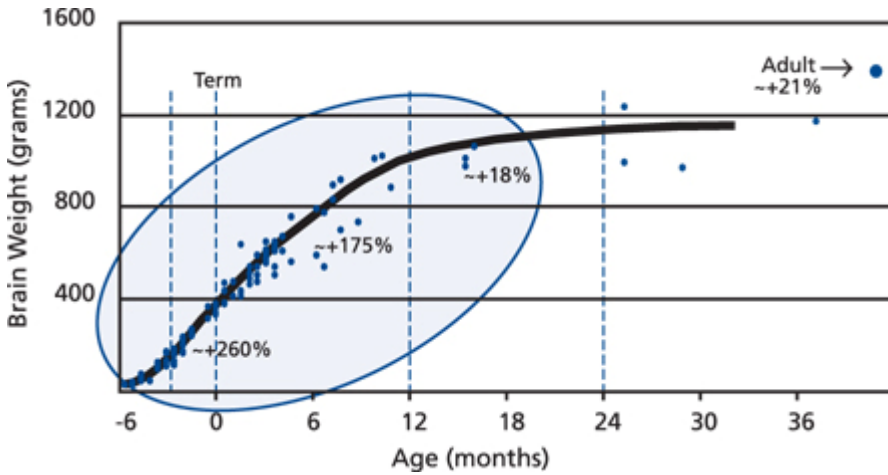
- All-natural non-fish vegan source. Martek's LifeDHA™. not from fish oil
- The DHA source accepted as GRAS (Generally Recognized as Safe) by the U.S. Food and Drug Administration<sup>4,5</sup> for use in infant formula
- Free of environmental pollutants and toxins
- 1,000 mg Alpha Linolenic Acid (ALA) naturally occurring in 5 gm Meadow Pure™ organic flax

\*\*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.

### Clinical Experience

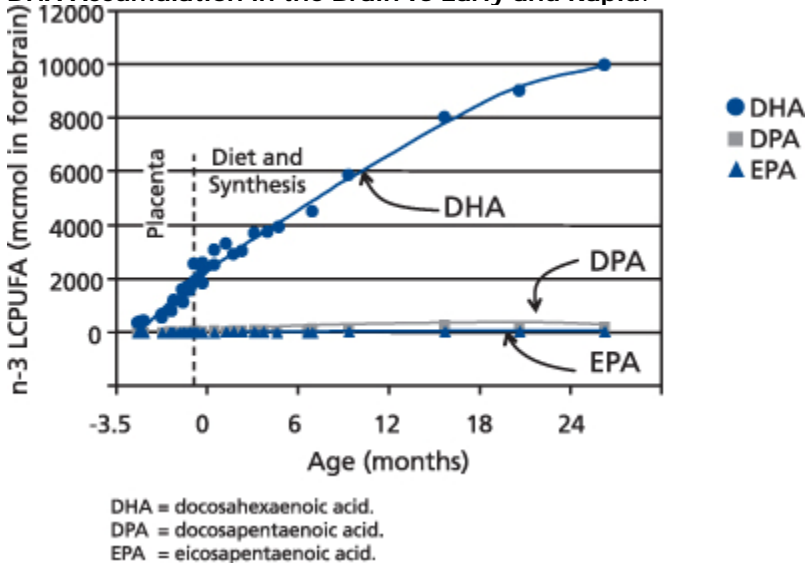
Studies have shown DHA, a nutrient received *in utero* and through breast milk, is an important building block for a baby's brain and eye development during pregnancy and through the first 2 years of life.\* In fact, significant brain growth occurs during the third trimester of pregnancy and through the first 2 years of life.

### The Brain Grows Especially Rapid in the Last Trimester and First 2 Years of Life<sup>6</sup>



At the same time, DHA is accumulating rapidly in the brain.

### DHA Accumulation in the Brain Is Early and Rapid<sup>7</sup>



NanOmega3, *Golden Flax*, *Vegan DHA and Synergistic Vitamins* supplement helps supply the developing fetus and breastfed infant with an increased level of DHA for brain and eye development.\*

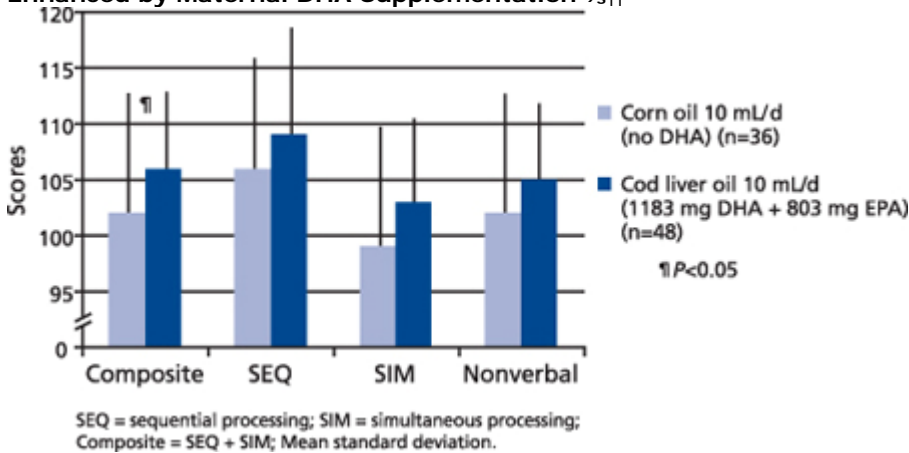
## Supplementation Benefits for Breastfed Babies

Clinical studies have shown that mothers who supplement with algal DHA elevate their breast milk levels.<sup>2,3</sup>

Five-year-old children whose mothers received DHA for the first 4 months of breastfeeding performed better on sustained attention subtest of the Leiter International Performance Scales than those whose mothers received placebo.<sup>8</sup> At 30 months of age, the children whose mothers received DHA had improved scores on the Bayley Psychomotor Development Index (PDI).<sup>2</sup> Because attentiveness is both necessary for satisfactory completion of the Bayley Scales and difficult to assess at 30 months of age, the authors speculated that "the better Bayley PDI of the supplemented group at 30 months may reflect more sustained attention rather than better motor function."<sup>8</sup>

Maternal DHA supplementation has been shown to improve intelligence scores at 4 years of age.<sup>9\*</sup>

### Intelligence Test Scores at 4 Years Old (K-ABC) Enhanced by Maternal DHA Supplementation <sup>9§||</sup>



§ DHA supplementation during pregnancy and lactation was associated with higher IQ scores in children at 4 years of age.<sup>9\*</sup>||

|| Study conducted using cod liver oil containing DHA and EPA.

## DHA Intakes

- While a daily value for DHA has not been established, expert panels have recommended at least 200 to 300 mg DHA/day for pregnant and nursing women.<sup>10,11</sup>
- The average intake of DHA by pregnant or nursing women in the U.S. is about 54 mg/day.<sup>12</sup>
- Dietary DHA sources include foods such as salmon, tuna, and other fatty fish. The FDA and EPA have advised pregnant and nursing women to avoid certain fish due to mercury levels, and to eat up to 12 ounces per week of a variety of fish and shellfish that are lower in mercury.<sup>13</sup>
- NanoOmega<sup>3</sup> supplies 100 mg of supplemental DHA per travel pack or scoop.

## DIRECTIONS:

Mix one scoop with 6-8 ounces of cold water, juice or milk. Shake briskly or blend briefly. Enjoy once or twice a day unless otherwise directed by your health professional. Children under 12 take ½ dose.

NanoOmega3™ is scientifically formulated and flavored to also mix well with NanoProPRP™ and NanoGreens10™.

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## References

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6. Dobbing J, Sands J. Quantitative growth and development of human brain. *Arch Dis Child*. 1973;48:757-767.
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13. U.S. Food and Drug Administration. FDA/EPA Advisory on Seafood Consumption Still Current. *FDA Consumer Magazine*. September-October 2006. Available at [http://www.fda.gov/fdac/departs/2006/506\\_upd.html](http://www.fda.gov/fdac/departs/2006/506_upd.html). Accessed October 25, 2006.