

SOURCE



NATURALS®
Strategies for WellnessSM

NEUROMINS™

DHA

Feed your brain



In today's society, "fat" has become a bad word. Our quest for good health has influenced many of us to drastically reduce our intake of fatty foods.

But this dietary change has brought unintended consequences. As we've cut back on unhealthy saturated fats, we've also reduced certain "good" fats essential to our well-being.

Few people realize how important fats are to a healthy brain. In fact, our brains are primarily fat, 60% by dry weight! And DHA, the most plentiful fatty acid in the brain, is crucial to brain health, from infancy to old age.

Now DHA is available in a vegetarian source compatible with today's trimmed-down lifestyle.

Introducing: Source Naturals NEUROMINS DHA.



Visit our web site at: www.sourcenaturals.com

The Building Block of the Brain

DHA is shorthand for *docosahexaenoic acid*. This omega-3 long chain fatty acid is the primary building block of the brain and retina of the eye. The brain is 60% fat, and DHA is the most abundant fatty acid in the brain, comprising 25-35%. DHA is found in even greater concentrations - 50-60% - in the retina.

DHA is critical for infant development. Compelling research links DHA to the rapid cerebral and eye development that occurs during pregnancy and in the first few months after birth. DHA passes through the placenta to the fetus during pregnancy, and to the nursing baby through breast milk. Optimal levels of DHA in the bloodstream of pregnant women and the breast milk of nursing mothers are crucial to babies.

In fact, DHA's presence in breast milk may explain why breast-fed babies have demonstrable IQ advantages over babies fed formula without DHA. An emerging body of research led an expert committee of the U.N.'s Food and Agriculture Organization/World Health Organization to recommend that DHA be included in infant formulas at levels comparable to those of mothers' milk. Yet DHA levels in the breast milk of American women rank among the lowest in the world, and DHA is still not available in U.S. infant formulas.

Supporting a Healthy Nervous System

DHA's benefits are not limited to infant development. Supplementation may be helpful to anyone with a low DHA intake, especially for supporting a healthy nervous system. DHA has been associated with optimal memory function, visual acuity, and maintaining a positive mental state.

DHA is an integral component of all membranes with electrical activity. The cells in our brain, retina and other parts of the nervous system have a complex network of connecting arms that transport electrical messages throughout the body. DHA's presence in nerve cell membranes is critical because this is where messages are transmitted. It is at the membrane that nerve cells generate the electrical impulses that are the basis of all communication in the nervous system. Without the necessary fatty acids, this communication system can break down or become less effective.

DHA supplementation may be especially important as we grow older. The body's ability to synthesize DHA, which is very limited in all human beings, may decline even further with age.

Research suggests that aging interferes with the activity of *delta-6-desaturase*, the enzyme involved in the conversion of omega-3 fatty acids into DHA. Elderly people with inadequate or DHA-deficient diets may benefit from a supplementary source of DHA.

Insufficient in Today's Diet

Because human beings cannot adequately synthesize DHA, most of it is obtained from our diets. The richest sources are red meats, animal organs and eggs - among the first foods to be eliminated by people concerned about fat intake. Today, the average American is getting less DHA from food, and vegetarians, vegans, and people on lowfat diets are especially at risk.

Fish are a good dietary source, but must be eaten several times a week to provide enough DHA for optimal brain function. Fish obtain their DHA from microalgae - the nutritional basis of NEUROMINS.

Neuromins: a Pure, Safe Source

Source Naturals DHA is obtained from NEUROMINS, a dietary supplement derived from algae in a base of sunflower oil. NEUROMINS DHA is a highly purified form of DHA, produced under tightly controlled manufacturing conditions.

Unlike fish oil, which used to be the main supplemental source of DHA, NEUROMINS does not contain the fatty acid *eicosapentaenoic acid* (EPA), which is not recommended for infants or children.

Source Naturals NEUROMINS DHA is available in bottles of 30, 60 and 120 softgels, in both 100 and 200 mg dosages. Pure, safe DHA in the 200 mg dosage may be especially beneficial for pregnant or nursing women.

References

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