

Sunshine Heroes Omega 3 with DHA

Stock #3342-4 (90 soft chews)



Sunshine Heroes Omega 3 with DHA is an important children's supplement that provides essential omega-3 fatty acids, including DHA and EPA.

Omega-3 fatty acids, also known as polyunsaturated fatty acids (PUFAs), play a central role in the normal development and functioning of the brain, central nervous system and retina. Omega-3 fatty acids are highly concentrated in the brain and especially important for cognitive function (brain performance and memory) and behavior. DHA (docosahexaenoic acid) is the predominant structural fatty acid in the brain and retina and its availability is crucial for healthy brain development, while EPA (eicosapentaenoic acid) appears to be more influential on behavior and mood. In addition, both DHA and EPA produce neuroprotective (brain-protecting) metabolites. Research indicates that deficiencies and imbalances of omega-3 fatty acids can have significant effects on brain function, not only during the developmental phase of early childhood, but also throughout the entire life span.¹⁻⁶

Evidence suggests that supplementation with omega-3 fatty acids, especially in preschool and school-aged children, may enhance learning capabilities and academic performance. For example, results from a randomized, controlled 6-month study of schoolchildren (aged 7 to 9 years) showed that supplementation with omega-3 fatty acids significantly increased both DHA and EPA levels and improved verbal learning ability (including spelling and reading skills) and memory. Likewise, a randomized, placebo-controlled trial of children with developmental coordination disorder (DCD) found that omega-3 fatty acid supplementation provided significant effects on behavior, reading and spelling performance.^{3,5,7,8}

In addition, because omega-3 fatty acids are critical to brain development and function, it is not surprising to find growing evidence linking omega-3 fatty acid deficiency with neurocognitive disorders (problems involving the central nervous system and brain function) such as ADHD (attention deficit/hyperactivity disorder), dyslexia (a specific learning disability due to a defect in the brain's processing of graphic symbols), and autism spectrum disorders. Fortunately, double-blind, randomized, controlled trials with DHA and EPA combinations have been shown to benefit the cognitive symptoms and behavioral problems associated with these disorders. In fact, omega-3 fatty acids are among the most commonly used CAM (complementary and alternative medical) therapies among patients with autistic spectrum disorders. A pilot study of children with ADHD found that supplementation with DHA and EPA resulted in significant improvements in behavior (inattention, hyperactivity, oppositional/defiant behavior, and conduct disorder), as well as a positive improvement in participants' severity of illness from an average of "moderately symptomatic" to only "mildly symptomatic". Likewise, a pilot study of children with autistic spectrum disorder found that supplementation with omega-3 fatty acids resulted in a 33% improvement in symptoms in nearly 90% of the children who completed the study.^{1,2,5,6,9-13}

Omega-3 fatty acids are considered essential because they are not manufactured by the body and therefore, must be obtained from food. Both DHA and EPA are found in cold-water fish such as halibut, salmon and tuna, and other marine life such as algae and krill.¹

Each serving of Sunshine Heroes Omega 3 with DHA provides 100mg of DHA and 20mg of EPA from fish oil, in a base containing the Sunshine Heroes Protector Shield—a proprietary blend of whole foods, fruit juice concentrates, and beneficial micronutrients.

The Sunshine Heroes Protector Shield provides important antioxidants, vitamins, minerals and amino acids (the "building blocks" of protein), which promote healthy growth and development and a strong immune system. The Protector Shield contains:

Whole Food Complex (mangosteen, cranberry, broccoli, spinach, asparagus, carrot, tomato, açai and pomegranate) - These fruits and vegetables are rich sources of antioxidants, immune-boosting phytonutrients, minerals and vitamins, including vitamins A, B-Complex, C, E and K.

Fruit Juice Concentrates (white grape, apple, pear, orange, pineapple, cherry, strawberry, and blueberry) - This antioxidant-rich blend of fruit juices provides vitamin C, folic acid, potassium, and other nutrients that promote cardiovascular and immune health and help protect against certain cancers.

Micronutrients Blend (L-leucine, L-lysine, L-valine, Choline, Inositol, L-isoleucine, L-threonine, L-phenylalanine, L-arginine, L-cysteine, L-methionine, and L-tyrosine) - Amino acids are the building blocks of proteins necessary for

healthy growth and development and proper functioning of the central nervous system and brain. Choline and inositol are members of the B-complex vitamin and are necessary for healthy brain development, as well as cognitive and memory function.¹⁴

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