

Natural Omega-3 Children 200 ml

EAN: 8437007026016 FABRICANTE: PURO OMEGA



The Puro Omega Natural Omega-3 formula for children provides all the EPA and DHA necessary for development and cognitive abilities in childhood. Each dose combines the Omega-3 fatty acids EPA and DHA, from anchovies and sardines, in natural triglyceride (TG) format in a unique 3:2 ratio, respectively.

DESCRIPTION

Natural Omega-3 Kids is a liquid format that offers many advantages, such as ease of swallowing, greater absorption, better bioavailability, purity and taste. In addition, it can be mixed into smoothies, juices or yogurts. However, the greatest advantage is providing higher doses without having to take several capsules throughout the day. In addition, being 100% purified and deodorized, it has no fishy taste, leaving a delicious lemon flavor.

- Strengthening the Immune System.
- Improvement in attention and hyperactivity indices (ADHD and Autism Spectrum Disorders).
- Brain development, memory and learning.
- Phobias, aggression and antisocial behavior.
- Stress, anxiety and sleep disorders.
- Enuresis in children.

What happens if I give omega-3 to my child?

Omega-3 EPA and DHA **are essential in many aspects** : the development of the fetus and the baby during pregnancy and lactation, brain and visual function, cardiovascular health and immunity.

In addition, **they have an anti-inflammatory effect** , reducing the risk of suffering from chronic diseases associated with silent inflammation such as diabetes, obesity or cognitive decline, among others. Therefore, **they are essential nutrients for all stages of life** .

In both children and adults, it is essential **to choose an appropriate dose** , as high doses can cause changes in the consistency or colour of the stool. This is normal and can be solved by gradually introducing the supplement, with low doses at first and gradually increasing it to the optimal dose.

What omega-3 is recommended for children?



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Clinical trials and health professionals indicate that **the ideal is to provide both omega-3s** (EPA and DHA), since in certain groups (for example, with attention deficit or chronic inflammation) a selective deficiency in EPA has been found. **Formulas that provide EPA and DHA are usually recommended, but with a higher proportion of EPA .**

What does DHA do in children?

Numerous studies and clinical trials conclude that DHA **increases cognitive abilities, visual acuity and overall brain development in babies and children** . In fact, 80% of the fatty acids in the brain are DHA, making clear its importance at a structural and functional level for the nervous system.

How much DHA does a child need?

According to EFSA (European Food Safety Agency) guidelines, a child needs **a minimum of 250 mg of DHA per day** to maintain normal brain and visual function. However, **EPA is also needed** for cardiovascular function.

What is the dosage of omega-3 for children?

The omega-3 intake in the diet of the majority of the population is really scarce and does not cover the minimum daily needs (250 mg EPA+DHA per day), and in infants, children and adolescents the situation is even worse. Mainly because the vast majority find other types of ?foods? more attractive and appetizing, which are, unfortunately, deficient in essential nutrients such as fatty acids, vitamins or minerals, and rich in refined carbohydrates, saturated and trans fats.

It can and should be taken for long periods of time , it is not strictly necessary to take breaks as it is a food supplement.

Composition

Nutritional information (guaranteed minimum quantities in 5 ml): 1390 mg Omega-3 (740 mg EPA and 460 mg DHA).

Ingredients: 100% purified and deodorized highly refined **fish** oil (anchovies and sardines) with high EPA and DHA content in natural triglyceride (TG) form, natural lemon flavor, antioxidants (rosemary extract, ascorbyl palmitate and tocopherol-rich extract).



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Allergens: fish.

Does not contain: Wheat, gluten, corn, yeast, soy protein, dairy, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners and preservatives.

Posology

- ½ dessert spoon (2.5 ml) per day for children aged 2 to 5 years.
- 1 dessert spoon (5 ml) per day for children aged 7 to 12 years.
- 2 dessert spoons (10 ml) per day for those over 12 years of age.

Tips

DHA contributes to the maintenance of normal brain and visual function. The beneficial effect is obtained with a daily intake of 250 mg of DHA.

