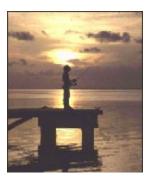
Health Minute ™

Fish oil for kids...

Fish oils may be effective in treating two disorders in children. Omega-3 supplements have already been shown to help depressed adults, but a recent trial of 28 children with major depression at Ben Gurion University in Israel also had significant results. The children, ages 6 to 12, were given omega-3 fatty acids or placebo. The majority of the omega-3 group showed reduced depression scores of more than 50%. The placebo group showed no improvement. Researchers at the University of South Australia treated 132 children who had attention-deficit/hyperactivity disorder with a combination of omega-3 fish oil and omega-6 primrose oil. At the end of 30 weeks, almost half of the children had reduced ADHD symptoms.



Childhood Depression Study

Received fish oil capsule containing 400mg EPA and 200mg DHA Average age was 10 years old Children were kept on their prescription medications

ADHD Study

Received fish oil capsules containing 475mg EPA and 151mg DHA Evening primrose oil contained 54mg GLA Reduced symptoms but did not eliminate need for medicine in all subjects