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ONCE A DAY OMEGA 3 SYRUP

+ VITAMINS FOR KIDS

Designed to support the developing brain,
vision, bones and teeth in children

Nutritional Information

10 ml provides:

***NRV

Omega 3 nutrients	600 mg		
of which DHA	400 mg		
of which EPA	160 mg		
Vitamin A	400 µg	RE**	50
Vitamin D	5 µg	(200iu)	100
Vitamin E	3 mg		25
Vitamin C	50 mg		62.5

*NRV=Nutrient Reference Values, **RE=Retinol Equivalent

Children over 3 years: 10 ml daily with food.



- A combination of omega 3 and vitamins to support growth and development
- Delicious tasting and easy to administer
- Age 3 plus

DESCRIPTION

Omega 3 syrup + vitamins for kids contains 400 mg of DHA, 160 mg EPA, 400iu of vitamin D along with vitamins A, C and E. Children are growing and developing at a rapid rate which requires a good level of nutrition to facilitate their development physically and mentally. Omega 3 fats are essential for brain, nerve and visual development and vitamins A, C and E work together as antioxidants which support the immune system.

WHAT ARE THE BENEFITS OF OMEGA 3 FATS FOR CHILDREN?

Brain and nerve development: Children's brains rapidly develop and from 6 months to adolescence, the frontal lobes develop myelin sheath. DHA omega 3 fatty acids are required for this development of frontal lobe myelination. Frontal lobes are thought to be responsible for cognitive activities such as planning, problem solving and attention. DHA is the primary omega 3 fat in the grey matter of the brain and equates to around 15% of total fatty acids in the frontal cortex.¹

Learning and concentration: In research, more learning and health problems were found in children with lower total omega-3 fatty acid levels than those with higher levels.²

Higher blood concentrations of DHA are also associated with improved, reading, spelling and attention. This effect is particularly noted in children with reading and spelling difficulties.¹

Behaviour: Decreased levels of omega 3 fatty acids in the body are associated with a greater number of behaviour problems, temper tantrums, and sleep problems.³ Omega 3 fats are required for the structure of the brain and nerve cells, as well as nerve-to-nerve communication. Omega 3 is a polyunsaturated fatty acid which is required for the phospholipids in nerve cell membranes and allows the membrane to stay flexible which aids with cellular communication.² There is an association between prefrontal cortex structures with the limbic system where cognitive, social, emotional and behavioural development occurs.¹

Sleep: Sleep was also affected in children with lower omega 3 levels³. Omega 3 fatty acids are required for cell membrane fluidity which can alter serotonin and dopamine transition. Serotonin converts into the sleep hormone melatonin which regulates sleep patterns and sleep quality.²

Correct dosing: Studies suggest that supplementation with 400 mg of DHA per day is enough to significantly increase blood DHA levels (7.5% of blood triglycerides). This level is associated with the activation of the dorsolateral prefrontal cortex which may induce the positive benefits discussed.¹

WHAT ARE THE BENEFITS OF THE VITAMINS ADDED TO THE FORMULA?

There are 4 vitamins added to Omega 3 syrup + Vitamins for children. Vitamins A, C, D and E are of particular importance to children as they develop.

Vitamin A: Vitamin A is essential for the skin, mucous membrane and visual health and development. Retinol is needed for essential eye health. The consumption of beta carotene leads to its conversion into vitamin A via the enzyme-carotene 15,15-monooxygenase (BCMO1 gene). However, a considerable percentage of the population carry genetic SNP's which slows down this conversion. This is potentially a risk to health when dietary retinol is not consumed.⁴

Vitamin C: Vitamin C is an essential nutrient for the immune system and for collagen production required for the growth of skin, bones, teeth and joints. Children require vitamin C to support their immune system as they are exposed to many new pathogens which have the potential to cause illness. Vitamin C acts as an antioxidant to protect the immune cells while they destroy pathogens and create free radicals in the process.

Vitamin D: Vitamin D supplementation is officially recommended for children under the age of 5. Children past the age of 5 also need to keep their vitamin D levels adequate. Due to our modern lifestyles and cultural practices, children are generally not receiving enough time outside with their skin exposed to the sun to allow them to make enough vitamin D. Daily supplementation provides a constant level to prevent insufficiency. Vitamin D promotes osteoblast (bone secreting cell) differentiation and bone matrix calcification.⁵ Vitamin D binds to VDR receptors on the osteoblasts to stimulate calcification. At the time of birth, a large proportion of bone is cartilage which slowly calcifies until fully calcified by the end of puberty.

Vitamin E: Vitamin E is a potent antioxidant that neutralises reactive oxygen species (ROS) free radicals. It is the primary fat-soluble antioxidant in human plasma⁶. This is important to maintain the integrity of long-chain polyunsaturated fatty acids found in cell membranes, and to help maintain their function. During childhood, metabolic reactions are occurring at a rapid rate. This increases the need for antioxidants and vitamin E.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING OMEGA 3 + VITAMINS FOR KIDS?

This product is intended exclusively for children aged 3 years plus.

HOW SHOULD OMEGA 3 + VITAMINS BE ADMINISTERED TO A CHILD?

Children over 3 years: 10 ml daily with food.

PRODUCT FEATURES

- A combination of omega 3 and vitamins to support growth and development
- Delicious tasting and easy to administer
- 400 mg of DHA per serving
- Age 3 and over
- Dairy free

HEALTH NEEDS



CHILDREN'S HEALTH

SCIENTIFIC REFERENCES

1. Nutrients 2013, 5(7), 2777-2810
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3. Physiology & behaviour.1996: 59; 4-5; 915-920
4. FASEB J. 2009;23(4):1041-53.
5. J Investig Med. 2011; 59(6): 881-886
6. The Journal of Nutrition 2001; 131:2:374s-377s

