

# FISH OIL AND PREGNANCY

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Fatty acids are a major component of brain tissue, making them essential for the growth and functional development of babies, before birth and after.<sup>1</sup> Studies show levels of omega 3 fatty acids are depleted in pregnant women, due to the needs of the growing foetus. This reduction remains for at least six weeks after giving birth.<sup>2</sup>

This shows the importance of supplementing with fish oil prior to conception, during pregnancy and breast-feeding – for the health of both mother and infant. Three capsules should be taken daily, stopping for 2 weeks prior to delivery and then re-starting after giving birth. Thompson's Salmon Oil is low reflux and screened for heavy metals and toxins.

1. *Horrocks LA, Yeo YK. Health benefits of docosahexaenoic acid (DHA).*
2. *Holman RT, Johnson SB, Ogburn PL. Deficiency of essential fatty acids and membrane fluidity during pregnancy and lactation.*

## Thompson's Salmon Oil

200 caps + 100 caps FREE

