

BRAIN DEVELOPMENT AND DHA



AN INFANT'S BRAIN GROWS AT AN INCREDIBLE RATE DURING THE EARLY YEARS OF LIFE. 75 PERCENT OF BRAIN GROWTH IS COMPLETED IN THE FIRST FEW YEARS AND IN THE FIRST YEAR ALONE THE BRAIN MORE THAN DOUBLES ITS SIZE.



During this period of rapid growth proper nutrition is crucial. Research has shown that the essential omega-3 fatty acid DHA (Docosahexaenoic Acid) is a vital nutrient for children's brain development. DHA is the primary building block of brain tissue and constitutes approximately 40 percent of the brain. DHA is also essential for the proper development of the eyes, nervous and immune systems.

Essential fatty acids are nutrients that are considered 'essential' because they are required for optimal health. As the body is unable to produce them they must be consumed in the diet. DHA occurs naturally in some foods, primarily oily cold-water fish, but it is difficult to obtain adequate amounts through diet alone.

As a result, most children are deficient in omega-3. Nordic Naturals Children's DHA provides optimal levels of DHA to support mood, clarity and focus for children.

