

# DNA MIRACLES™ ESSENTIAL OMEGA 3



GREAT FRUIT FLAVOR

HEALTHY BLEND OF EPA AND  
DHA

PEDIATRICIAN APPROVED



PRODUCT SKU: 6938 | 48 SERVINGS

## Why Choose DNA Miracles™ Essential Omega 3?

Providing your children with balanced nutrition is sometimes difficult. One such area of concern is providing children with adequate amounts of omega-3 fatty acids. According to the American Dietetic Association, 90% of children do not receive adequate amounts of these nutrients through their food choices. Many omega 3 children's products contain lesser amounts of the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). DNA Miracles™ Essential Omega 3 contains ideal amounts of EPA and DHA to properly support your child's brain health and immune function.

## Why are omega-3 fatty acids important?

Omega-3 fatty acids are considered nutritionally essential for human health. DHA plays a very important role in supporting brain health and is a very important structural component of the brain phospholipids, as well as the lipids in the nervous system. In fact, about 60 percent of the brain is made up of fat, most of which is DHA (docosahexaenoic acid). Likewise, EPA (eicosapentaenoic acid) is an important fatty acid which promotes the health of the brain and nervous system. As the human body cannot naturally synthesize these fatty acids, they must come from the diet. Many children appear to be deficient in omega-3 fatty acids.\*

## Are there any benefits to taking omega 3 fatty acids in an emulsion instead of in a liquid or softgel?

Research has shown that emulsions of oil increase absorption of certain fatty acids, especially of EPA and DHA.