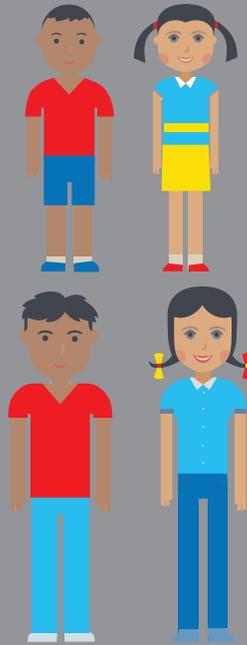


YOUR BRAIN NEEDS OMEGA-3s

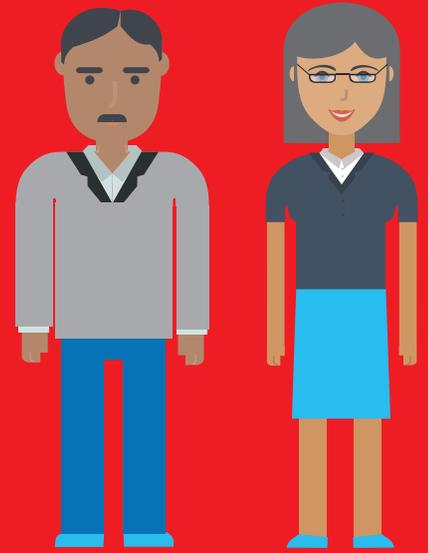
- Your brain needs omega-3s throughout your life.
- DHA is the most abundant omega-3 fatty acid in the brain, but you must replenish the supply.
- Eating at least two servings of fatty fish per week or taking a daily omega-3 dietary supplement can literally provide “food for thought.”



DHA is important for pregnant and nursing women, as well as infants, to ensure healthy brain development.



EPA and DHA are important in childhood because the brain continues to develop into adulthood.



Evidence suggests that consumption of omega-3s may support cognitive performance in adults.

EPA & DHA are the most important omega-3s in your diet - and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

 **Omega-3s**
Always a good idea™
for your brain