

**VIVO™  
MEGA**

# BRAIN HEALTH

## DHA SUPPLEMENTATION

may positively affect learning and behavioral disorders such as ADHD

## EPA SUPPLEMENTATION

has shown positive effect on depression and bipolar disease

## DHA DEFICIENCY

is detrimental to neurocognitive development, including learning and memory

# EPA & DHA

ARE STRUCTURAL LIPIDS  
ESSENTIAL FOR BOTH  
BRAIN AND NERVOUS  
SYSTEM DEVELOPMENT

## ARE GOOD FOR

- Cognitive Development
- Dementia
- Depression
- Schizophrenia
- Age Related Memory Decline
- Mood Disorders

Recommended daily intake:

**250mg**

# BRAIN HEALTH

continued

## COGNITIVE DEVELOPMENT

Cognitive health and risk of decline is determined by the combined influence of age, genetic make-up, a number of lifestyle factors, and importantly our diet. A diet deficient in DHA will deprive the nervous system of a critical nutritional component that could impair the body's ability to learn, think, remember and be happy.

## LIFESPAN

Omega-3 supplementation appears to be effective at improving EPA and DHA status. This in turn may have a role to play in maintaining and augmenting brain health, particularly amongst those with low baseline levels of fatty acids or with increased demands such as lactating mothers or those with diagnosed neuropsychiatric conditions. Certainly, given that ageing populations, mental health conditions, and cognitive decline are currently showing no signs of subsiding, it makes good sense to ensure that omega fatty acid levels are optimal across the lifespan be it through dietary or supplement sources.

## RDI<sup>^</sup>

DHA contributes to maintenance of normal brain function (250 mg per day). DHA maternal intake contributes to the normal brain development of the foetus and breastfed infants (200 mg DHA plus the daily recommended intake of omega-3 fatty acids (EPA+DHA for adults which is 250 mg per day)). For products providing 1,500-5,000 mg EPA + DHA including at least 1000 mg EPA, per day and a ratio of EPA:DHA of 1.75:1 to 2:1: helps to promote healthy mood balance.

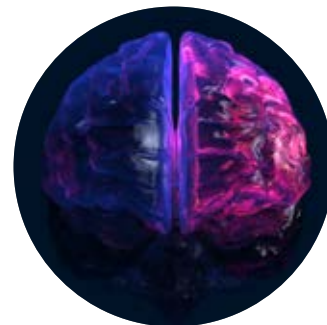
## SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n3
<b>• MOOD</b> [High EPA]			
<b>VIVOMEGA PLATINUM*</b>			
8000 TG Premium	800	-	-
<b>VIVOMEGA ULTRA*</b>			
5020 TG Premium	500	200	750
<b>VIVOMEGA CORE*</b>			
4020 TG Premium	400	200	680
<b>• COGNITIVE</b> [High DHA]			
<b>VIVOMEGA ULTRA*</b>			
0070 TG Premium	-	700	750
<b>VIVOMEGA CORE*</b>			
1050 TG Premium	100	500	670

\* NORWEGIAN SUPERIOR QUALITY OMEGA-3 FISH OIL CONCENTRATES  
ALL PRODUCTS ALSO AVAILABLE IN EE FORMAT

A product by  **GC RIEBER**

**Disclaimer:**  
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## DHA IS THE MOST IMPORTANT OMEGA-3 IN THE BRAIN

BRAIN TISSUE IS MORE LIPID-RICH THAN ANY OTHER TISSUE IN THE BODY. LIPIDS ACCOUNT FOR 50-60% OF THE DRY WEIGHT OF THE ADULT BRAIN, AND APPROXIMATELY 50% OF THESE ARE IN THE FORM OF PHOSPHOLIPIDS. IN BRAIN PHOSPHOLIPIDS (THAT MAKE UP MOST OF THE CELL MEMBRANES), 25-30% OF TOTAL FATTY ACIDS ARE LONG-CHAIN POLYUNSATURATED FATTY ACIDS (LC-PUFAS), MAINLY DHA AND AA (IN THE RATIO 3:2). DHA IS QUANTITATIVELY THE MOST IMPORTANT OMEGA-3 LC-PUFA IN THE BRAIN AND HAS CONSISTENTLY BEEN SHOWN TO HAVE UNIQUE AND INDISPENSABLE ROLES IN THE NEURONAL MEMBRANE.

<sup>^</sup>European Food Safety Authority Health Claims

### References:

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