

NEW ESKIMO-3 STUDY IN PRESS

BENEFICIAL COGNITIVE EFFECTS OF ESKIMO-3 IN 12 MONTHS OLD INFANTS

Fish oil-supplementation from 9 to 12 months of age affects infant attention in a free-play test and is related to change in blood pressure

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This study is the first randomized trial to investigate the effects of fish oil on cognitive scores in infants during the period of complementary feeding.

The researchers wished to explore possible effects of providing fish oil to infants in line with the old Nordic tradition providing one daily spoonful of fish oil, which with respect to n-3 LCPUFA was equivalent to what is currently recommended from 1 months of age in Norway in the form of cod-liver-oil.

9-month-old infants were given 5 ml Eskimo-3/daily or a no oil at all in a randomized controlled fashion. The infants completed a free-play cognitive test before and after 3 months of supplementation.

The results demonstrate a significant beneficial effect for the Eskimo-3 group seen as an increase in the "look always from the toy" (an indication of increased cognitive development). The increased "look away" correlated significantly with **increased** levels of erythrocyte eicosapentaenoic acid as well as **decreased** systolic blood pressure. Thus there seems to be a correlation with beneficial cardiovascular development and cognitive development.

This study is the first to show that a relatively short period of omega-3 supplementation in late infancy (9 -12 months old) shows a beneficial effect on cognitive development.

Cardinova and Eskimo-3

Eskimo-3, a natural and stable fish oil, is recognized for its' comprehensive research, outstanding stability and quality in the field of omega-3.