

For Health Care Professionals only

OMEGA-3 FISH OIL FOR CHILDREN

Children in this day and age are exposed to more and more toxins but less and less omega 3 fatty acids (believed to have beneficial effects on health factors). Additionally, toxic assaults on our environment have made people suspicious of the metals and contaminants present in store-bought fish. A good balance of omega 3 fats is essential to the growing system of a child/young adult. The longer chain fatty acids, mainly DHA and EPA, are the therapeutic fats in fish oil to which many of their health benefits are attributed. Both fats contribute to the healthful effects, with DHA being associated with increased mental/brain development and visual acuity of young children.

COMPLETE CHILDREN'S DHA/EPA (CHEWABLE CAPSULES)TM

Researched by and formulated for: DRS. DAN MURPHY D.A.B.C.O. AND HAROLD MCCOY D.A.C.S.

Nutritional support for a healthy immune system. Also supports normal brain and nervous system development/ the cardiovascular system, function, kidney and provides nutritional support for conditions of pain/inflammation, asthma, allergy, ADD/ADHD, depression, vaccination, behavioral problems, dermatitis, colitis, cholesterol/triglycerides, autoimmune disease, etc.

Each two chewable soft gelatin capsules contain: DHA 162.50mg, EPA 62.50mg, ALA (Alpha-Linolenic Acid) 25mg, Vitamin E (D-Alpha Tocopherol-natural) 25 i.u. In a pleasantly fruit flavored soft gel chewable capsule.

Product # 1521

120 chewable soft gelatin capsules

Recommendation: 2-4 capsules daily or as directed

Omega 3 oil is molecular distilled, pharmaceutical grade, from cold-water wild fish and has been independently tested for mercury, PCB's, Dioxins, Furans and rancidity and complies with the CRN Monograph. These are the absolute freshest oils available, and have been encapsulated in opaque capsules (colored with natural carob) to further preserve this unique freshness.

Please Note: Dr. Murphy and Dr. McCoy recommend that you also take the sister product **COMPLETE CHILDREN'S CO-FACTORSTM (Chewable)** for best results.

COMPLETE CHILDREN'S CO-FACTORSTM (Chewable) Pleasant tasting natural fruit flavored chewable tablet.

Co-factors provide for the proper absorption and utilization of the omega 3 fatty acids in Complete Children's DHA/EPA (chewable capsules)TM. Co-factors also support normal development of growing systems in the child/young adult, in addition to being an excellent anti-oxidant formula. Contains NO excitotoxins!

Researched by and formulated for: DRS. DAN MURPHY D.A.B.C.O. AND HAROLD MCCOY D.A.C.S.

Each chewable tablet contains: Methylcobalamin (B-12) 25mcg, Reduced L-Glutathione 5mg, Vitamin C 75mg, B1- 4mg, B2-4mg, B6-4mg, Folic Acid 75mcg, Magnesium

Chelate 15mg, Co-Enzyme Q-10 250 mcg, Alpha Lipoic Acid, Natural orange flavor, Sweetened with natural agave nectar, Xylitol, and honey.

Product #1519

60 Chewable tablets

Recommendation: *Children ages one to three, 1 tablet per day, ages three to six, 2 tablets per day (one in AM and one in PM), ages six to twelve, 1 tablet 3x day, or as directed.*

Allergy: Many believe that changes in the typical diet, that include decreased consumption of omega 3 fatty acids, may explain the increase in the prevalence of atopic diseases, such as asthma, eczema and allergic rhinitis (Black PN, Sharpe S. Dietary fat and asthma: is there a connection? *Eur Respir J.* 1997 Jan;10(1):6-12.) Dietary intake of the omega 6's (arachidonic acid) was positively associated with seasonal allergic rhinoconjunctivitis (Wakai, K. et al. Seasonal allergic rhinoconjunctivitis and fatty acid intake: A cross-sectional study in Japan. *Ann Epidemiol* 2001 Jan;11(1):59-64.) Omega 3's from fish oil competitively inhibit the production of all the inflammatory modulators from omega 6's. Other atopic diseases such as bronchial asthma and atopic dermatitis are characteristically associated with an imbalance between different types of T cells and cytokines, leading to an increase of IgE and histamine, which gives rise to allergic symptoms (Strannegard O and Strannegard I.L. *Allergy* 2001;56(2):91-102). Omega-3 polyunsaturated fatty acid supplementation "may reduce omega-6-derived allergic inflammation and inflammation-perpetuated sensitization to multiple allergens, and may be beneficial in the prevention of allergy" (Dietary Fatty Acids and Allergy, Kankaanpaa P, et al, *Ann Med*, 1999;31:282-287.)

Asthma: Fish oils make anti-inflammatory substances. Fish oil can block some of the inflammatory leukotrienes, and leukotrienes are responsible for most of the inflammation that is involved in asthma attacks. Leukotrienes are 1,000 times more potent as stimulators of bronchial constriction than histamine (Murray M and Pizzorno J, *Encyclopedia of Natural Medicine*, Prima Publishing, CA. p. 152). It is believed that asthma sufferers may have an imbalance in fatty acid metabolism, subjecting them to risk for elevated leukotriene production (Yen SS and Morris HG. *Biochem Biophys Res Com* 1981;103:774-79). Fish oil is a competitive substrate for arachidonic acid, thereby reducing inflammatory mediators (Oily fish and asthma - A fishy story? Thien, F et al., *Medical Journal of Australia*, February 5, 1996;164:135-36). A study on children found that those eating fresh, oily fish had ¼ the risk of asthma as children who did not eat oily fish (Hodge et al., Consumption of oily fish and childhood asthma risk. *Med J Australia* 1996;164:137-40). Canned fish, non-oily fish, and total fish intake were not found to be protective against asthma. Oily fish include Atlantic salmon, anchovy, sardine, blue mackerel, rainbow trout, cod, yellowtail, and several others with greater than 2% fat content. Aside from the production of anti-inflammatory substances, the reported effects of fish oil and omega 3's on the immune system could also be playing a role in ameliorating symptoms.

Eczema and other inflammatory conditions: Dietary supplements ranging 1-8 g per day of omega 3 fatty acids have been reportedly beneficial in the treatment of eczema, psoriasis, IBD (inflammatory bowel disease) and rheumatoid arthritis... treatment with omega-3 long-chain PUFA reduces mucosal damage (Gil A. Polyunsaturated fatty acids and inflammatory diseases. *Biomed Pharmacother.* 2002 Oct;56(8):388-96; Jensen RG Possible alleviation of atopic eczema in a breastfed infant by maternal supplementation with a fish oil concentrate. *J Pediatr Gastroenterol Nutr.* 1992 May;14(4):474-5.)

Bipolar disorder/depression: Omega 3 fatty acids improved the short-term course of illness in a preliminary study of patients with bipolar disorder. The omega 3 group performed better for nearly every outcome measure (Stoll, A.L. et al. Omega 3 fatty acids in bipolar disorder: a preliminary double-blind, placebo-controlled trial. *Arch Gen Psychiatry* 56(5):407-12). “Fish oil blocked the abnormal signaling in the brain which we think is present in mania and depression” – Andrew Stoll, lead researcher in a study published by the *Am Med Assoc Arch Gen Psychiatry* (Fatty oil in fish eases depression. Reuters May 14, 1999). Also, “Stoll said **omega 3 fatty acids boost levels of the neurotransmitter serotonin in the brain** – similar to the effect of popular anti-depressants such as Prozac”. One of the mechanisms may be that the omega 3’s replenish the lipid bi-layer surrounding brain cells that receive signals from chemical transmitters. As Dr. Murphy points out, the fat we eat affects the ability of neurotransmitters like serotonin and dopamine to dock on membrane receptor sites and initiate their respective physiological functions.

Brain development/regeneration of nerve cells: Consumption of omega 3’s by eating fish once a week significantly reduces risk of Alzheimer’s (Barberger-Gateau, P. et al. *British Medical Journal* 2002;325 Oct 26:932-933). This article also noted a specific role of the omega 3 fatty acids in the regeneration of nerve cells.

General Immune System: The fatty acids in fish oil can influence the immune system by their effect on cytokines, macrophages, and other immune molecules. Cytokines and macrophages are immune defense molecules highly involved in the inflammatory response (Kremer, JM (ed.) *Progress in Inflammation Research: Medicinal fatty acids in inflammation*. Birkhauser Verlag, 1998).

Autoimmune disease: The fatty acids in fish oil can influence the autoimmune system by their effect on cytokines, macrophages, and the MHC II complex. The MHC class II complex is a genetically set cell coding system that determines susceptibility to autoimmune disease. Fish oil affects T-cells, adhesion molecule expression, signal transduction and MHC class II expression (reduces the expression of these autoimmune-susceptible cells) (Immunoregulatory and anti-inflammatory effects of omega 3 polyunsaturated fatty acids. *Brazilian Journal of Medical and Biological Research* 1998 Apr;31(4):467-90, as cited by Dan Murphy, DC, DABCO). Omega 3-induced effects may be of use as a therapy for “disorders which involve an inappropriately-activated immune response” (Kremer, JM (ed.) *Progress in Inflammation Research: Medicinal fatty acids in inflammation*. Birkhauser Verlag, 1998, as cited by Dan Murphy, DC, DABCO).

ADD/ADHD: It is believed that ADD patients may suffer from altered fatty acid metabolism. For instance, one well controlled clinical trial found that 53 subjects with ADHD had significantly lower concentrations of key fatty acids in their plasma, and in red blood cell lipids, than did the 43 control subjects (Stevens LJ et al. *AJCN* 1995;62:761-768). In the same study, a subgroup of 21 subjects with ADHD exhibited symptoms of actual **essential fatty acid deficiency**. All ADHD subjects were lower than controls in the long chain omega 3 fatty acids (EPA and DHA found in fish oil).

NOTE: We recommend that you include: ADD (Water base homeopathic sublingual spray) Indications: Attention span, slow or difficult comprehension, milk intolerance, assists mental and

physical development, relief of minor feeling of forgetfulness, lack of assertiveness, shyness and apprehension associated with academically challenged children.

Ingredients: Each multiple potency of 10x, 30x, 100x. Baryta Carbonica, Calcarea Carbonica, Ignatia Amara, Lycopodium Clavatum, Magnesia Carbonica, Natrum Carbonicum, Natrum Muriaticum, Thuja Occidentalis.

Recommendation: 2 sprays 3 x day or as directed

One Ounce Spray Bottle, Product # 0015

Autism: “Phospholipid fatty acids are major structural components of neuronal cell membranes, which modulate membrane fluidity and hence function. Evidence from clinical and biochemical sources have indicated changes in the metabolism of fatty acids in several psychiatric disorders. We examined the phospholipid fatty acids in the plasma of a population of autistic subjects compared to mentally retarded controls. Our results showed a marked reduction in the levels of DHA (23%) in the autistic subjects, resulting in significantly lower levels of total omega 3 polyunsaturated fatty acids (PUFA) (20%), without significant reduction in the omega 6 series, and consequently a significant increase in the omega-6/omega-3 ratio (25%)” (Vancassel S. et.al. Plasma fatty acid levels in autistic children. Prostaglandins Leukot Essent Fatty Acids. 2001 Jul;65(1):1-7.)

Vaccination: Vaccination has been observed to increase the expression of cells which code for autoimmune susceptibility (Koppang EO et. al. Vaccination induces major histocompatibility complex class II expression in the Atlantic salmon eye. Scand J Immunol. 2003 Jul;58(1):9-14.), and fish oil has been observed to decrease expression (Immunoregulatory and anti-inflammatory effects of omega 3 polyunsaturated fatty acids. Brazilian Journal of Medical and Biological Research 1998 Apr;31(4):467-90, as cited by Dan Murphy, DC, DABCO). Fish oil may be able to reduce harmful effects of vaccination by its influence on the immune system.

NOTE: DPT-TOX: (Don't overlook this combination homeopathic remedy! It's a MUST for any child preparing for their DPT shots or any type of vaccination. Will help detoxify heavy metals that are in the injection and gives needed support after their injection. Should be used 2 weeks before injection and 2 weeks after. This is also appropriate for adults.) *This is an alcohol base product-if you are concerned about giving it to children, put drops into a glass of water or juice and let sit for a few minutes until alcohol evaporates*

Ingredients: Hyper 12X, Echin 12X, Mez 30X, Sil 12X, Thuja 30X, Kali Mur12X, Dros 12X.

Recommendation: 6 DROPS 4 x day or as directed

1 ounce bottle, Product # 0154

COMPLIMENTS OF:



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ANY QUESTIONS? E MAIL Marcia@nutri-west.net

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