

***NeuroGuppies 60 chewable softgels***  
**\$19.95**

The benefits of fish oil for children are numerous, including support for healthy skin, hair, nails, eyes, and brain! Fish oil is lauded for its anti-inflammatory properties, but more importantly, fish oil helps to maintain the membranes around every cell in the body, making it essential to great brain health. NeuroGuppies contain a healthy balance of Omega 3 fatty acids to properly build cell membranes. Low levels of Omega 3's have been found in children with ADHD and depression. Supplementation has been shown to be helpful in improving cognitive function, behavior control, and mood regulation. Taking NeuroGuppies on a daily basis may help the development of a healthy brain.

**Background and Scientific Studies:**

**EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid):** EPA and DHA are the bioactive components of Omega 3 fatty acids and are being viewed as promising in the treatment of depression. EPA tends to be more stimulating and helpful for ADHD symptoms, while DHA tends to be more sedating and more helpful for anxiety. DHA is also essential for brain development (Ref. 5). Omega 3 deficiencies have been found in every major psychiatric disorder including depression, bipolar disorder and ADHD (Ref. 1,3,4,5). In fact, low Omega 3 fatty acid levels tend to correlate with behavior problems and learning disorders in children (Ref. 5,7,8). Since omega 3 fatty acids are important in maintaining cell membranes, damaged cell membranes can then influence transmission of serotonin, norepinephrine and dopamine, making omega 3 supplementation an effective mood regulator. Evidence in the literature supports a role for Omega 3 supplementation in the treatment of anxiety, inattention, autism, dyslexia and ADHD (Ref. 2,6,7,8).

**Recommended use:** NeuroGuppies delivers purity-certified antioxidant-stabilized, fresh fish-derived omega-3 essential fatty acids. This pharmaceutical-grade oil is manufactured utilizing a proprietary system that removes contaminants and impurities resulting in a safe and great-tasting product. NeuroGuppies is ideal for children to support healthy brain development and vision.

This formula is recommended for children 4 years of age and older. Swallow or chew 1 softgel twice daily or as recommended by your healthcare practitioner. Chewed softgel may be swallowed or expelled. Not for use in children under 4 years of age.

**Caution:** Keep out of reach of children

**Servings per container: 60**

**1 chewable softgel contains:**

- DHA (Docosahexaenoic acid) 100mg
- EPA (Eicosapentaenoic acid) 55mg

- Other Omega-3 fatty acids 20mg

**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

**References:**

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4. Lin PY., (2007) A meta-analytic review of double-blind, placebo controlled trials of antidepressant efficacy of omega-3 fatty acids, *Clin Psychiatry*, 7:1056-61.
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7. Richardson AJ (2006) Omega-3 fatty acids in ADHD and related neurodevelopmental disorders, *Int Rev Psychiatry*, 2:155-72.
8. Stevens LJ., et al. (1996) Omega-3 fatty acids in boys with behavior, learning and health problems, *Physiol Behav.*, 4-5:915-20.