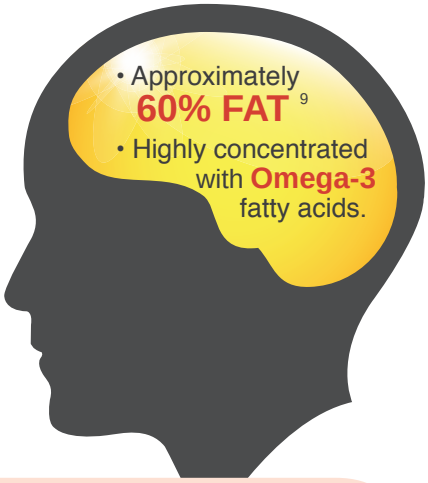
Feed YOUR BRAIN with Omega-3



Omega-3 plays a significant role in ensuring the brain keeps functioning like a 24-hour control room.

Enhances Mental Performance.

Omega-3 consumption has been shown to:
- Have **positive effect on cognition, memory, and attention span.**[4]
- Support **optimum learning and reading ability.**[4]
- Improve signal transmission between brain nerves for **optimum memory function.**[7]

Positively Improves mood.

Research has shown that an increase intake of EPA and DHA increases the volume of a brain area that controls mood and emotion. As building blocks of happy brains, **Omega-3** helps to:
- **Lift mood.**[8]
- **Improve overall emotional well-being.**[8]

Maintains healthy cognitive function in the elderly.[5]

With age, nutrient absorption declines, impacting the brain's DHA uptake and mental performance.[5]
Support healthier aging by consuming **Omega-3** regularly to:
- Lessen risk of cognitive decline.[5,6]
- Promote and **maintain normal brain function**, especially memory.[5]
- Reduce risk of symptoms related to Alzheimer's and dementia.[5]
- Promote **healthy brain nerves** and optimum signal transmission.[7]

Promotes healthy brain development in infants during pregnancy and early life.

Omega-3, specifically DHA, is one of the key building blocks for brain.
A **consistent consumption of Omega-3 starting from pregnancy** is very important because it:
- Supports **healthy development of fetal brain cell structure**, particularly in the third trimester.[2]
- Supports **better problem-solving skills** among infants.[2]
- Enhances **toddlers' hand-eye coordination**[2] and intelligence.[3]
- Enhances **attention span** among infant and toddlers.[3]
- Supports **development of sensory, perceptual, cognitive, and motor neural systems** during the brain growth period.[4]

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