

The Role of Omega-3 Fatty Acids and Vitamin D in Autism and ADHD

Agostoni, C. et al. (2017) The Role of Omega-3 Fatty Acids in Developmental Psychopathology: A Systematic Review on Early Psychosis, Autism, and ADHD. *Int J Mol Sci* 18(12): 2608
Elshorbagy, H.H. et al. (2018) Impact of Vitamin D Supplementation on Attention-Deficit Hyperactivity Disorder in Children. *Ann Pharmacother* 52(7):623-631
Arastoo, A.A. et al. (2018) Evaluation of serum 25-Hydroxy vitamin D levels in children with autism spectrum disorder. *Ital J Pediatr* 44:150

QUOTE BOARD:

"Children with ADHD had significantly lower values of serum vitamin D than the control group. The group receiving vitamin D supplementation demonstrated improvement in cognitive function in the conceptual level, inattention, opposition, hyperactivity, and impulsivity domains."

"Recently, Bos et al. found a specific effect of DHA + EPA (administered in equal doses of 650 mg) on parent-rated attention problems over placebo on 40 children with ADHD following 16 weeks of treatment."

"A significant difference was observed between serum 25-hydroxyvitamin D levels between the healthy and ASD [Autism Spectrum Disorder] children. It is recommended to use vitamin D supplement in children with ASDs under medical care."

"There is accumulating data to support that EPA and DHA are important for brain structure and function and have been advocated for the treatment of multiple neurodevelopmental disorders including mood disorders, schizophrenia, ADHD, and ASD [Autism Spectrum Disorder]."

What You Need to Know:

The evidence regarding the enormous physiological and biological importance of omega-3 fatty acids and Vitamin D continues to grow. So too does the evidence regarding the enormous importance and benefit of sufficient intake of these essential nutrients.

Perhaps most overwhelming is the level of evidence regarding the catastrophic effects of deficient intake of these essential nutrients - for everybody, from pregnant mothers to developing fetuses, to newborns to infants to children to adolescents to adults and to the elderly.

If you are human, you need sufficient intake of these essential nutrients to be healthy and to avoid the devastating deficiency-related illnesses.

What You Need to Do:

You need to supplement daily with Innate Choice® OmegA+D Sufficiency™ which is the only supplement in the world that combines fish oil, cod liver oil, and added vitamin D to deliver the perfect synergistic and sufficient amounts of omega-3, vitamin D, and vitamin A - for Everybody-Everyday-For Life!™

To order Innate Choice® OmegA+D Sufficiency™ please speak to your practitioner or visit www.eatwellmovewellthinkwell.com