Neuromins DHA *by: New Life Premier*

When it comes to fat, most health conscious people wince. However, most beneficial reductions in saturated fat intake have been accompanied by decreases in "good" fats such as docosahexaenoic acid (DHA, an omega-3 long chain, polyunsaturated fatty acid, that is the building block of human brain tissue. Even more discouraging is the fact that many vegetarians have lower blood levels of DHA due to the lack of DHA presence in most plant foods. This has all changed, however, as Martek Biosciences Corporation's Neuromins DHA product offers us a way to acquire appropriate levels of DHA.

Not only is Neuromins DHA the world's only commercially available vegetable source of DHA, but it is also the only DHA source that does not contain other fatty acids that may not be appropriate for certain populations. The ingredient is obtained from microalgae, its original source. As a vegetarian source of DHA, Neuromins is free from the toxins or pollutants often found in some animal sources.

When taken regularly, Neuromins DHA will normalize the levels of DHA in the blood, according o the manufacturer. This is good news for those people whose diets feature very low intakes of meat and eggs, two of the richest dietary sources of DHA. Pregnant and nursing women have additional DHA concerns. Significant brain and eye development, which relies on DHA, occurs in utero through the baby's first year. DHA is delivered initially by the placenta and then later by the mother's breast milk, in which DHA is the most abundant omega-3 long-chain fatty acid. Studies indicate that babies with adequate DHA sources have greater problem solving ability and even a greater intelligence quotient (IQ) than babies who are fed formula without DHA. Additionally, infants who were deprived of DHA-rich breast milk may be at a higher risk for developing schizophrenia later in life, according to a British study led by Robin McCreadie, M.D., a researcher from Crichton Royal Hospital in Scotland.

In addition to the brain and eye development benefits, Neuromins DHA has exhibited a suppressant effect on cancer tumor growth in mice. Mice fed Neuromins developed far fewer tumors than the control group, and the incidence of lung metastasis was reduced, according to the study results. Researchers concluded, "This relatively modest dietary manipulation is capable of significantly slowing breast cancer in vivo." A human study involving Neuromins and female breast cancer patients has been scheduled in France.

DHA has also proven itself a factor in Alzheimer's disease, depression and attention-deficit/ hyperactive disorder (ADHD), as reported at the 1997 conference on nutrition and the brain held at the New York Hospital-Cornell Medical Center's Nutrition Information Center.

Among the experts presenting study results, Joseph Hibbeln, M.D., provided research indicating that DHA may reduce the risk of major depression. Hibbeln and his team of researchers linked an increase in depression over the last century in North America with a decrease in DHA consumption. These depression rates were about 10 times that of a Taiwanese population, which maintains a diet rich in fish.

John Burgess, Ph,D., of Purdue University's Department of Food and Nutrition reported that behavioral problems in children are related to deficient levels of DHA. His study of children from India found that subjects with ADHD had significantly lower DHA levels than did the children in the control group.

On the other end of the age spectrum, a low level of DHA is a notable risk factor for dementia, especially Alzheimer's disease, according to Ernest Schaefer, M.D., associate with the Human Nutrition Research Center on Aging at Tufts University. Schaefer noted that DHA production rates may decline as the body ages.

Other research indicates that Neuromins DHA improves the ratio of high-density lipoprotein (HDL) to low-density lippoprotein (LDL) cholesterol and lowers triglycerides. One study of vegetarian subjects yielded conclusions that DHA supplementation can have a positive effect on factors that are major contributors to coronary heart disease.