

DHA Linked to Better Mental Performance

by G. Bossik on November 30th, 2011 at 7:00 am

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Scientists recently learned that DHA (Docosahexaenoic Acid), an essential fatty acid, could be linked to human mental abilities. They studied several hundred adult volunteers, and the people who had higher blood levels of DHA showed better mental performance.¹

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Among the 280 healthy volunteers, the people with higher DHA levels received better scores on cognitive tests for nonverbal reasoning and mental flexibility, as well as working memory.

The authors of the study were also able to link vocabulary abilities to DHA levels.

DHA, an omega-3 fatty acid, is an essential nutrient that's found in oily fish and is an important part of nervous system functions, according to Jane Higdon, a scientist from the Linus Pauling Institute.²

In fact, two scientists found that DHA could improve learning ability.³ In their study, *Health Benefits of Docosahexaenoic Acid (DHA)*, scientists Lloyd A. Harrocks and Young K. Yeo indicate that this fatty acid influences learning ability by playing a role in cell signaling.

Other researchers indicate that cell signaling is made possible by phospholipids, the fats that help form cell membranes and contain fatty acids.^{4,5}

In one study, scientists say: "Docosahexaenoic acid (DHA) is an important constituent of brain phospholipids and plays a role in maintaining structural and functional integrity of membranes."⁶

So, by acting as a building block of brain cell membranes, DHA facilitates cellular signaling and helps with human mental performance.

NR Essentials™ DHA contains the omega-3 fatty acid, DHA, and supports brain, eye, and nerve cell health.

Sources:

1. Matthew F. Muldoon et al, "Serum Phospholipid Docosahexaenoic Acid Is Associated with Cognitive Functioning During Middle Adulthood," Journal of Nutrition.
2. Jane Higdon, "Essential Fatty Acids," Linus Pauling Institute at Oregon State University.
3. Lloyd A. Harrocks and Young K. Yeo, "Health Benefits of Docosahexaenoic Acid (DHA)," Pharmacological Research.
4. U.S. National Library of Medicine, "The Lipid Bilayer," National Institutes of Health.
5. Michael Gregory, "Membranes," Clinton Community College
6. Tibor Farkas et al, "Docosahexaenoic Acid-Containing Phospholipid Molecular Species in Brains of Vertebrates," Proceedings of the National Academy of Sciences of the United States of America.

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carol kelly
Jan 9th, 2012
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hi is the product call dha a liquid or pill? my son 8 years old has been diagnos with adhd and i really would like to get to focus, concentrate, have good memory when it comes to school work.

G. Bossik
Jan 10th, 2012
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Hi, Carol.

The NR Essentials DHA supplement is a softgel.

Also, please feel free to submit questions about our products through our free Ask Our Experts service:
http://www.nativeremedies.com/ask_us.shtml

Glenn
Native Remedies

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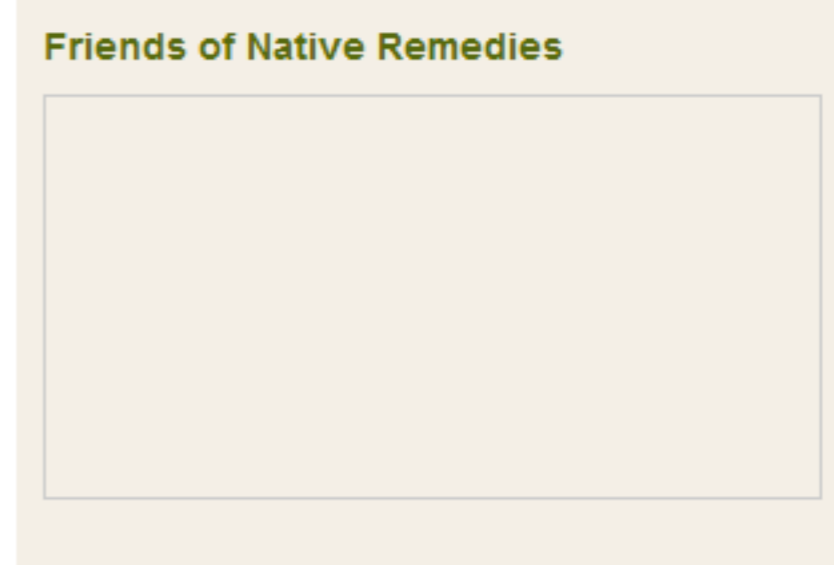
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