

Coromega Child Brain & Body
30 packets lemon-lime squeezers
 Item Catalog Number: 00857

As people age, systemic inflammation can inflict degenerative effects throughout the body.¹⁻⁵ A primary cause of this destructive cascade is the production of cell-signaling chemicals known as inflammatory cytokines. Along with these dangerous cytokines, imbalances of hormone-like messengers called prostaglandins also contribute to inflammatory processes.

What you eat also contributes to the production of inflammatory cytokines. Eating foods cooked at high temperature can cause the formation of advanced glycation end (AGE) products.⁶ Glycation is the binding of a protein molecule to a glucose molecule that results in the formation of damaged protein structures. As the damaged proteins accumulate, they activate the production of pro-inflammatory cytokines. Presently there is no way to reverse the effects of glycation.

Essential fatty acids (EFAs)

The body needs fatty acids to survive and is able to make all but two of them: linoleic acid (LA), in the omega-6 family and alpha-linolenic acid (ALA), in the omega-3 family. These two fatty acids must be supplied by the diet and are therefore considered essential fatty acids (EFAs). Omega-3 fatty acids, found in cold-water fish (and fish oil), and perilla and flaxseed oils, can be part of a healthy diet. Omega-3 oils contain the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are usually lacking in the typical Western diet that includes high amounts of omega-6 fats.⁷ EPA and DHA can be synthesized from ALA, but EPA and DHA synthesis may be insufficient under certain conditions.

While the polyunsaturated fats known as omega-6 fatty acids are essential to optimal health, most Americans and citizens of other Western nations consume far too many omega-6 polyunsaturated fatty acids and not enough omega-3 polyunsaturated fatty acids. In fact, some Western diets consists of 20 parts of omega-6 to only one part of omega-3. For optimum health, the ratio of omega-6 to omega-3 fatty acids should be between 1:1 and 4:1. This severe imbalance that occurs with most people contributes to the development of long-term health problems.

Studies associate the Mediterranean diet, rich in omega-3 fatty acids, olive oil, and antioxidant-rich fruits, vegetables, and herbs, with lowered cardiovascular risk and increased life span.⁹⁻¹⁵ Other studies support omega-3's importance in cardiovascular health.^{16,17} In fact, the FDA states that supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Coromega Child Brain & Body is a high-DHA fish oil supplement which tastes like delicious lemon-lime and has no fishy taste or aftertaste! Each pouch contains a specially formulated high-DHA omega-3 formula to support your child's optimum health.

Formulated with 200 mg DHA and 36 mg EPA—a 5:1 ratio designed to match that of breast milk. For children over the age of 4.

References

Supplement Facts

Serving Size 1 packet

Servings Per Container 30

Amount Per Serving

Calories	20
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	10 mg
Total Carbohydrates	0 g
Vitamin C	11.6 mg
Fish Oil	850 mg
Long Chain Omega-3 Fatty Acids	284 mg
EPA	36 mg
DHA	200 mg
Stevia Leaf Extract	10 mg

Ingredients: Safflower Oil, Fish Oil, Water, Pasteurized Egg Yolk, Ascorbic Acid, Natural Lemon Lime Flavor, Stevia Leaf Extract, Vegetable Oil, Sodium Ascorbate, Citric Acid, Potassium Sorbate, Sodium Benzoate, Natural Mixed Tocopherols, Xanthan Gum, Menthol, Turmeric Root Extract, Chlorophyll

No sugar or artificial sweeteners. No dairy, yeast, starch, wheat or gluten

Dosage and Use

- Take one packet daily.
- Try Coromega in yogurt or smoothies.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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