Q. My children love gummies. What happens if they eat more than the recommended daily serving of Nutrilite Brainiums DHA omega-3 supplements?
A. It won’t harm them, but they may experience some stomach upset.

Q. What are omega-3 fatty acids and why do I need them?
A. Omega-3 fatty acids are long-chain polyunsaturated fatty acids. They are the building blocks of every living cell in the human body and required for optimal function of the cells. If you are not currently consuming at least two meals of fatty fish per week, you may benefit from a supplement rich in DHA. DHA helps support optimal memory, learning, and concentration.

Q. What does research show about DHA?
A. Research evidence shows DHA (docosahexaenoic acid) is an important building block of the brain, nerves, and eyes. DHA is the most highly unsaturated fatty acid found in nature. DHA supports normal mental function, optimal memory, focus, and learning. In fetuses and infants, DHA is critical for brain and vision development.

Q. Are there Recommended Daily Allowances for omega 3s?
A. Japan, England, and several European countries have set Recommended Daily Allowances for omega 3s, but there are none in the U.S. yet. The average American diet contains less than 200 milligrams of the important omega 3s EPA and DHA.

Q. I have heard that fat is bad for you. How can omega-3 fatty acids be good for you?
A. There are good and not-so-good fats. If a label indicates hydrogenated or partially hydrogenated oils, that ingredient is an unsaturated fat that has undergone a chemical process called hydrogenation to turn it into saturated fat and trans fat. These hydrogenated fats are most often found in packaged foods such as pastries, cookies, and margarine.

Saturated fats are found in animal-based foods like meat, butter, and cheese. Saturated fats are not “bad” for you, but a high intake of saturated fats as compared to poly- and monounsaturated fats is associated with an increased risk of some diseases.

But some “good fats” like omega-3 fatty acids contribute to health and normal cell development. They’re building blocks of every living cell in your body. A cell membrane made with building blocks that come primarily from saturated fat has a different structure and is less fluid than one which incorporates more omega-3 fatty acids. This loss of fluidity makes it difficult for the cell to carry out its normal functions and increases the cell’s susceptibility to injury and death.

Omega-3 fatty acids are abundant in ocean fish, but many people in North America don’t eat a lot of fish and may need more omega-3 fatty acids than their present diets provide.

Q. Are there any adverse drug interactions with omega 3s?
A. Omega 3s from fish oil (like those in this Nutrilite supplement) have been shown to be safe if your total dietary daily intake, including food, does not exceed 3 grams. Daily intake of omega-3 dietary supplements should not exceed 2 grams. Generally speaking, if you have no difficulties eating ocean fish, supplementation with omega 3 from fish oil should present no adverse effects at levels of 2 grams or less.

Certain medications may interact with omega-3 fatty acids. These drug interactions include aspirin, anti-coagulants, Warfarin (coumadin), and other medications that alter blood coagulation. If you are taking any of these
medications, please consult your physician before adding an omega-3 supplement to your diet. It is always important to tell your pharmacist or health-care professional that you are taking any supplement, including those made from concentrated fish oil. And if you notice any changes in your physical health while taking the supplements, you should also contact your health-care provider. This is especially important for children under 12 years of age, pregnant or nursing women, or anyone with a medical condition.

Q. Do I still have to eat fish if I am taking a NUTRILITE omega-3 supplement?
A. It is always a good idea to eat whole foods rich in omega-3 fatty acids, and ocean fish is the best source. But if you don’t eat ocean fish at least twice a week, NUTRILITE omega-3 supplements can help you get the EPA and DHA that might be missing from your diet.

Q. How do I know the oil in NUTRILITE products is free from PCBs or other contaminants that might be in the oceans?
A. Because Nutrilite scientists voluntarily joined with 23 other international companies, under the guidance of the Council for Responsible Nutrition, to work on developing standards for ensuring a supply of consistent, high-quality raw materials. Applying those standards, we start with high-quality fish oils from ocean fish like anchovy, mackerel, and sardines. We use a proprietary six-step process to extract the omega 3s and purify them. Finally, we test the refined oil for purity and stability.

Q. I take a multivitamin every day. Do I need an omega-3 supplement as well?
A. Most multivitamins do not contain any omega-3 fatty acids. If your multi doesn’t include omega 3s and you aren’t eating a lot of fish, weekly, you should consider adding an omega-3 supplement to your diet.