



GENESTRA
BRANDS®



Super DHA Forte Liquid

Delicious liquid with a 4.8:1 ratio of DHA to EPA

- Promotes cognitive health and brain function[‡]
- Supports the development of the brain, eyes and nerves in children[‡]
- Offers bioavailable fish oil in the triglyceride form
- Delicious natural orange flavor
- Provides 2,075 mg of DHA and 425 mg of EPA per teaspoon

Super DHA Forte Liquid was specifically designed to support cognitive function with a higher concentration of DHA than EPA. DHA is the most abundant omega-3 fatty acid in the brain, where it helps support membrane fluidity, neuronal signalling and neuron health. DHA is critical for proper brain and retinal development during the final trimester of pregnancy and early childhood, and helps to maintain cognitive health in adults and the elderly. Normal aging is associated with oxidative stress and impaired energy metabolism, which can impact learning and memory processes. DHA may provide cognitive support by regulating cytokine balance and oxidative damage through the production of resolvins and neuroprotectins; improving cerebral blood flow; and increasing the formation of brain-derived neurotrophic factor (BDNF), a protein involved in learning and memory. Super DHA Forte Liquid features exceptionally pure fish oil in the triglyceride form, which has demonstrated greater bioavailability than ethyl esters in clinical research. Ideal for those who dislike swallowing capsules, this great-tasting formula is an easy way to support cognitive health in both adults and children.[‡]

SUPPLEMENT FACTS

Serving Size 1-13 years: ½ Teaspoon (2.5 mL); 14+ years: 1 Teaspoon (5 mL)
Servings per Container 1-13 years: about 60; 14+ years: about 30

	Amount Per Teaspoon	% DV for Adults and Adolescents 14+ Yrs (1 Teaspoon)	Amount Per ½ Teaspoon	% DV for Adolescents and Children 4-13 Yrs (½ Teaspoon)	% DV for Children 1-3 Yrs (½ Teaspoon)
Calories	40		20		
Total Fat	4.5 g	6% [^]	2.5 g	3% [^]	6% ^{^^}
Cholesterol	25 mg	8%	15 mg	5%	5%
Fish Oil (from Sardine, Anchovy and Mackerel)	4,500 mg	*	2,250 mg	*	*
Yielding					
DHA (Docosahexaenoic Acid)	2,075 mg	*	1,037.5 mg	*	*
EPA (Eicosapentaenoic Acid)	425 mg	*	212.5 mg	*	*
Total Omega-3 Fatty Acids	2,800 mg	*	1,400 mg	*	*

* Daily value (DV) not established

[^] Percent daily values (DV) are based on a 2,000 calorie diet

^{^^} Percent daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Organic sweet orange oil, mixed tocopherols concentrate, rosemary leaf extract
Contains: Fish (Anchovy, Sardine and Mackerel)

Recommended Dose

Adults: Take 1 teaspoon (5 mL) 1-2 times daily or as recommended by your healthcare professional. Adults and Adolescents (14-18 years): Take 1 teaspoon (5 mL) daily or as recommended by your healthcare professional. Adolescents and Children (1-13 years): Take ½ teaspoon (2.5 mL) daily or as recommended by your healthcare professional.

Size

5 fl oz (150 mL)

Product Code

10397



Non
GMO



Gluten
Free



Dairy
Free

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Super DHA Forte Liquid

Scientific Rationale:

The human brain contains a high concentration of lipids, including an abundance of omega-3 polyunsaturated fatty acids.¹ Over 90% of these omega-3 fatty acids (and 10-20% of the brain's total lipid content) are comprised of docosahexaenoic acid (DHA).¹ In addition to its presence in the cerebral cortex and hippocampus (areas related to learning and memory), DHA is associated with the frontal lobes (areas responsible for problem solving, attention and planning).^{1,2} The brain also contains small amounts of eicosapentaenoic acid (EPA), at levels approximately 250-300 times less than DHA.³

While both DHA and EPA are required to maintain good health, DHA is especially important for cognitive function.^{1,4} The brain grows rapidly during the final trimester of pregnancy and early childhood, requiring high levels of DHA for normal development.¹ DHA also plays an important role in the development and function of the retina.⁵ As fetal DHA synthesis cannot meet the needs of these growing tissues, DHA accretion largely depends on maternal transfer through the placenta and breast milk.¹ Therefore, maintaining optimal nutritional status during pregnancy and lactation is an important factor in supporting a child's cognitive and visual function.^{5†}

Randomized, controlled trials have demonstrated that supplementation with 400-500 mg of DHA during pregnancy improves the DHA status of the mother, cord blood and breast milk.^{6,7} Additionally, consuming 200-500 mg of DHA during pregnancy has been shown to promote healthy brain and retinal development in children.⁵ Postnatally, DHA intake during childhood has been demonstrated to support cognitive health.⁵ In one trial, daily consumption of 600 mg of DHA for four months significantly supported cognitive function in underperforming children, as measured by improved reading ability.^{8†}

In addition to supporting brain development through gestation and adolescence, DHA is required for the maintenance of cognitive function during adulthood and aging.¹ Normal aging is characterized by increases in oxidative stress, altered cytokine balance and mitochondrial dysfunction, which may impact cognitive functions such as learning and memory.³ Furthermore, the number of neuronal synapses decreases during normal aging, which leads to changes in cognitive function usually observed after age 65.^{1†}

DHA may support cognitive function during adulthood and aging by promoting proper membrane function, signalling pathways and health of neurons.⁵ By regulating NFκB activation and supporting the production of resolvins and neuroprotectins, DHA may help regulate cytokine production

and oxidative damage in the brain.^{1,5} One study reported that adding DHA and EPA to lipopolysaccharide (LPS)- or phytohaemagglutinin (PHA)-stimulated cells derived from aging adults supported a healthy cytokine balance.⁹ As both omega-3 fatty acids targeted different cytokine ratios, researchers suggested that their combination may provide optimal support.⁹ To further support cognitive health, DHA may promote the formation of brain-derived neurotrophic factor (BDNF), a protein involved in memory and learning processes.¹ DHA may also help improve blood flow in the brain to provide additional cognitive support.^{1†}

Observational research has reported an association between serum DHA levels and brain health in adults.¹ In one study, higher DHA levels were significantly linked with measures of cognitive function, such as nonverbal reasoning and mental flexibility, vocabulary, and memory.¹⁰ Similar associations have been reported between the maintenance of cognitive function and DHA and EPA intake in middle-aged and elderly adults.^{11,12} Furthermore, supplementation with a high dose of DHA and EPA daily for six months (1,160 mg DHA and 170 mg EPA) in healthy adults aged 18-45 significantly improved measures of memory and reaction times for memory tasks.¹³ Consuming high doses of DHA (900 mg daily for 24 weeks) also led to improvements in episodic memory and learning in adults over 55 with mild memory complaints.^{14†}

Although research demonstrates the importance of consuming omega-3 fatty acids such as DHA and EPA, modern diets tend to provide a higher level of omega-6 fatty acids (10:1 to 25:1 rather than 2:1 or less).¹ In addition, low consumption of fatty fish in the typical Western diet has resulted in less DHA present in breast milk.⁵ Daily supplementation with a high-quality fish oil is an ideal alternative to increase DHA and EPA intake without the risk of environmental contaminants associated with certain fish species.^{4,15†}

The form of supplemented DHA and EPA can have a significant impact on bioavailability.¹⁶ The triglyceride form is highly bioavailable, with clinical studies reporting greater absorption of DHA and EPA in this form when compared to ethyl esters.¹⁷⁻¹⁹ Similarly, supplementation with DHA and EPA in the triglyceride form for six months significantly increased the omega-3 index to a greater extent when compared to the same dose provided in ethyl ester form.²⁰ This measurement of omega-3 status represents the percentage of DHA and EPA in red blood cell membranes, and indicates an individual's long-term intake of omega-3 fatty acids. Super DHA Forte Liquid offers DHA and EPA in the bioavailable triglyceride form to support optimal cognitive health and brain function.[‡]

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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