

Health Minute TM

Fish oil for kids...

Fish oils may be effective in treating two disorders in children. Omega-3 supplements have already been shown to help depressed adults, but a recent trial of 28 children with major depression at Ben Gurion University in Israel also had significant results. The children, ages 6 to 12, were given omega-3 fatty acids or placebo. The majority of the omega-3 group showed reduced depression scores of more than 50%. The placebo group showed no improvement. Researchers at the University of South Australia treated 132 children who had attention-deficit/hyperactivity disorder with a combination of omega-3 fish oil and omega-6 primrose oil. At the end of 30 weeks, almost half of the children had reduced ADHD symptoms.



Childhood Depression Study	ADHD Study
<p>Received fish oil capsule containing 400mg EPA and 200mg DHA Average age was 10 years old Children were kept on their prescription medications</p>	<p>Received fish oil capsules containing 475mg EPA and 151mg DHA Evening primrose oil contained 54mg GLA Reduced symptoms but did not eliminate need for medicine in all subjects</p>