

Bring to your pediatrician: Kids Omega-3 DHA

Child name: _____ Age: _____ Weight: _____ Date: _____

Parent note: I am considering the product(s) below and would like your advice before using them. They are candidate products, not yet for sale.

Kids Omega-3 DHA (evidence grade C)

Ages per label: Children 4 to 12 years (per label). **Label dose:** 1 softgel daily (250 mg DHA, 100 mg EPA) with food.

Ingredients: Fish oil concentrate (anchovy, sardine), DHA 250 mg, EPA 100 mg; gelatin, glycerin, natural lemon flavor, mixed tocopherols. Third-party tested for mercury and other contaminants.

Claim: Supports normal brain and eye development.*

Evidence summary: DHA is a structural fat in the brain and retina [1]. Honest null: in the largest pregnancy trial, DHA did not improve children's cognition at 18 months [2], and trial evidence that supplements improve thinking in healthy children is limited. FDA and EPA advise 1 to 2 servings of low-mercury fish a week for children; food comes first [3].

Cautions and interactions: Contains fish. Not for children with fish allergy. Chewable softgel: supervise children who may choke. Keep out of reach of children. Store closed, away from heat. Do not exceed the label dose. Tell your pediatrician about every supplement and medicine your child takes.

Questions to ask

- Does my child eat enough fish that this is unnecessary?
- Does my child need this, given their diet and growth?
- Is the label dose right for my child's age and weight?
- Could it interact with any medicine or condition my child has?

Sources: [1] NIH ODS, Omega-3 fact sheet, ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/; [2] Makrides et al. 2010, JAMA (DOMInO), doi.org/10.1001/jama.2010.1507; [3] FDA/EPA, Advice about eating fish, www.fda.gov/food/consumers/advice-about-eating-fish

Pediatrician notes

*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. Education only, not medical advice.

everstackhealth.com/en/kids