

# Pregnant And Nursing Moms: Are They Getting Enough DHA?

(NAPSA)—Studies are showing the importance of a baby's early nutrition. For example, the presence of the Omega-3 fatty acid DHA in infant formula has been clinically shown to promote brain development.

However, for pregnant women or mothers primarily breastfeeding, the mother's diet is the main source of her baby's nutrition and she is often not consuming enough DHA. During this critical early period, DHA can be an important factor, especially for brain and eye development. One recent study showed that babies of moms receiving more DHA had higher IQ scores at age 4.

A panel of experts recommended 300 milligrams of DHA per day for pregnant and nursing women, but most women get less than one third of that from their regular diet.

"Most American women consume less than 100 mg of DHA daily, mostly through foods such as fatty fish," says Dr. Deborah Diersen-Schade, a research scientist with Mead Johnson. "One challenge is that the FDA also advises pregnant and nursing women to avoid certain fish due to concerns about potential exposure to mercury. That's why a DHA supplement in addition to a prenatal vitamin makes so much sense."

Taken daily in addition to a prenatal vitamin, a DHA supplement helps provide the important DHA a pregnant or nursing mom's diet may lack. For example, an Expecta® LIPIL® DHA Supplement softgel provides more DHA than eating 12 ounces of tuna salad daily, without the potential health risks of some fish. The DHA in the supplement is derived from an all-



natural, vegetable source. It is the only DHA accepted by the FDA for use in U.S. infant formula.

A recent study published in the American Journal of Clinical Nutrition found breastfed infants of mothers who took DHA supplements had improved psychomotor skills at 2½ years of age. The study also confirmed that DHA supplementation while breastfeeding effectively increases DHA levels in the mother's milk, as well as in the infant's blood. The moms supplemented with DHA had about 75 percent more DHA in their breast milk than the control group and their infants had about 35 percent higher DHA blood levels than the control group infants.

"This latest study reinforces again the long-term benefits of DHA and makes a strong case for women to consider DHA supplementation during pregnancy and nursing," said Dr. Diersen-Schade.

For more information about DHA's role in a baby's development and DHA supplements for pregnant and nursing women, call 1-888-4EXPECTA or log on to [EXPECTALIPIL.COM](http://EXPECTALIPIL.COM).