

DHA (Docosahexaenoic Acid)

DHA (docosahexaenoic acid) is a long chain n-3 polyunsaturated fatty acid that is found in the tissues of marine mammals and oily fish. DHA is also found in fish liver oils and in commercial fish oil products. DHA can be converted into EPA in humans (8). DHA competes with arachidonic acid for inclusion in cyclooxygenase and lipoxygenase pathways (9). DHA is one of the most prevalent fatty acids in the brain. This may help explain why our brains do better with a greater supply. A Rush Institute for Healthy Aging study analyzed fish-eating patterns of more than 800 men and women, ages 65 to 94. Those eating fish at least once a week were much less likely to develop Alzheimer's disease than those who did not eat fish. DHA appears to have an anti-inflammatory effect in the disease process (10). DHA may reduce cardiovascular mortality risk by several mechanisms. Pure DHA reduces serum triglycerides in adults, and increases serum high density lipoprotein (HDL or good cholesterol). DHA decreases blood viscosity and increases red blood cell deformability, which may protect against thrombosis (11). Long-chain polyunsaturated fatty acids make up a third of all lipids in brain grey matter (12). DHA is thought to be important for normal neural function and is thought to play a key role in the structural development of neural and synaptic membranes (13). DHA is present in human breast milk, but not in standard infant formulas.

Patients: Consult with your healthcare professional for the proper dosage and use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

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