

It is widely accepted that the omega 3 fatty acids: Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid play an important role in our health.

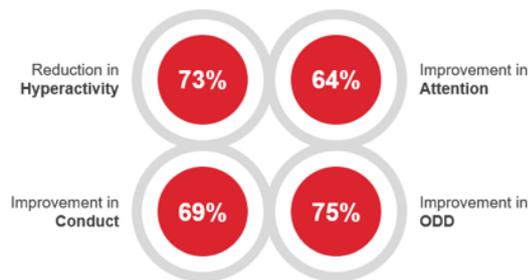
Efalex Brain Formula was launched in the UK in 1995 and quickly was launched in Canada and worldwide. This scientifically developed formula was pioneering at the time, linking DHA blood levels to cognitive health in children. Efalex Brain Formula contains a fish oil that is particularly rich in DHA.

DHA is the most abundant fatty acid in your brain and it is widely accepted that an intake of 250mg of DHA a day supports normal, healthy brain function.

Efalex Brain Formula has been clinically proven to improve learning, concentration and behaviour.

Efalex has been studied in many population groups, details of some of the studies are outlined here:

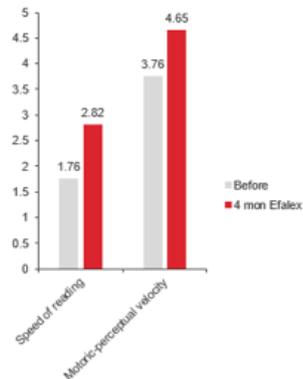
Efalex Brain formula was studied in a clinical trial on 74 children with ADHD symptoms. Those children supplemented with Efalex Brain Formula capsules achieved a 73% reduction in hyperactivity, 64% improvement in attention, 69% improvement in conduct¹.



In 2002, 41 dyslexic children with ADHD related symptoms took Efalex Brain Formula capsules daily for 12 weeks. This randomised, double blind placebo controlled study measured their ADHD related symptoms before and after the treatment period. There were significant improvements in their symptoms including anxiousness/shyness, hyperactivity and also in their reading ability in those who were taking Efalex².

In 2007, 'The Falsterbo Study' studied 17 dyslexic children aged 9 to 17 years old, they tested their ability to complete a 'word chain test' where the participants were measured on their ability to decode three words joined together for example: seeroofblue = see/ roof/ blue. This test measures the speed of reading and brain to hand co-ordination (motoric perception speed) of the children over a period of time. The children were given 8 capsules of Efalex Brain Formula a day for four months and tested before and after the timeframe. The children showed a 60% improvement in reading speed and 23% improvement in motoric - perceptual speed when taking Efalex³.

Figure 1: Effect on speed of reading and motoric-perceptual velocity evaluated by a word chain test after 4 months supplementation



In 2008, 20 boys with behavioural problems were supplemented with Efalex Brain Formula for 20 weeks. It recorded significantly improved behaviour as measured by frequency and severity of incidents and restraints by the Conner's ADHD rating scale. There was an overall 39% reduction in the number of incidents, a 51% reduction in the number of restraints and a 47% reduction in the grade of restraints⁴.

In 2000, a study proposed that dyslexia may be associated with a deficiency in omega 3 levels of polyunsaturated fats. 97 dyslexic children were scored using ability tests for various reading and related skills. Children with a high fatty acid deficiency showed poorer scores and the study concluded that this deficiency could be used to predict the severity of reading difficulties in dyslexic children.⁵

In 2015 a group of researchers studied the effect of omega 3 and 6 supplementation using Efalex liquid on a group of 41 children suffering from Autism Spectrum Disorders (ASD). After treatment those who had taken Efalex liquid showed significant improvements on all of the measures for 'social responsiveness' and 'social and attention problems' on a childrens' behaviour checklist. Baseline levels of fatty were also predictive of response to omega 3 treatment.⁶

Studies were also conducted in this area using different sources of omega 3 supplements:

For example in 2012, 90 Australian children diagnosed with attention-deficit disorder aged between 7 and 12 years old were studied in an omega 3 trial. This randomised, double blind placebo controlled trial determined the efficacy of EPA and DHA rich fish oil vs placebo (safflower oil) on literacy and behaviour scores after 4 months of supplementation. The study concluded that increases in Omega 3 polyunsaturated fat DHA improved literacy and behaviour in the children⁷.

In other studies the importance of DHA for brain health has been demonstrated repeatedly in trials on healthy adults for example:

A study on 2617 people tested for mental ability at age 11 years and again at age 64 years. The results demonstrated that those who took fish oil supplements had recorded a higher total red blood cell count of omega 3 fatty acids. These higher scores were associated with better cognitive function including nonverbal reasoning, verbal memory, executive function or purposive action, speed of information processing, psychomotor performance and constructional ability according to standardised tests.⁸

A randomised, placebo controlled double blind study in 2005 confirmed that omega 3 fatty acid supplementation can enhance brain function and mood in the general population. The study included 49 healthy adults aged 22 to 51 years old who were administered with fish oil supplements for 35 days. The results showed that those taking fish oil were better able to control anger and repress unsuitable responses, had less anxiety, fatigue and depression and had increased vigor.⁹

A study in 2011, partially funded by Efamol and distributors, Health & Herbs International in New Zealand included 176 healthy adults aged 18-45 years. The group were asked to take either 1.16g DHA daily or placebo for 6 months. In women, memory accuracy, working memory and speed of delayed word recognition significantly improved with DHA supplementation compared to placebo. In men, speed of working memory significantly improved by 15% with DHA supplementation compared to placebo¹⁰.

DHA has also been widely studied in children, for example one of the largest studies in the UK demonstrated the role of DHA in brain function in a study in 2012. 362 healthy children aged 7-9 years old attending a UK primary school were recruited in to a study on reading performance. The study selected those children who had a reading performance in the bottom 20% of the general population and supplemented them with 600 mg/day DHA or a placebo for 16 weeks.

The table below demonstrates the results of the study¹¹:

| Reading Performance Range | Reading Improvement | Reading Age Increase |
|--------------------------------|---------------------|---|
| 20 th Centile | 20% | Gained 0.8 mths |
| Below 10 th Centile | 50% | Gained 1.9 mths 8 of 14 ADHD Scales Improved |

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