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MATERNAL OMEGA-3 REDUCES ECZEMA IN CHILDREN

Last month in the British Medical Journal, Australian researchers published the largest ever study to assess the effects of EPA & DHA omega-3 supplementation in pregnant women. Data from over 700 pregnancies showed that when their mothers consumed omega-3 oil the risk of infants developing eczema was reduced by 36%, sensitisation to eggs by 38% and egg allergy by 50%.

Follow-up studies are required to determine if omega-3 supplementation in pregnant women is beneficial as an allergy prevention strategy. However this report is significant, given that the prevalence of allergic diseases in industrialised countries is estimated to have increased to at least 20% of the population in recent years. This increase has coincided with a substantial shift in dietary intake of fatty acids to favour omega-6 over omega-3.

In the last three months of pregnancy, it is known that the need for omega-3 fatty acids is increased significantly to feed the healthy development of all foetal organ systems. It is therefore not surprising that EPA & DHA deficiency may contribute to the increased incidence of allergic diseases.

Qponics is actively developing a novel aquaponic system to grow algae for the organic production of oil high in EPA and DHA omega-3 fatty acids.

Graeme Barnett

Chief Executive Officer and Managing Director

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