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NEW EVIDENCE THAT OMEGA-3 COULD PREVENT AND TREAT NERVE DAMAGE

Research released on 11 January from [Queen Mary University of London](#) suggests that EPA and DHA omega-3 fatty acids found in fish and algal oil, could play a significant role in speeding recovery from nerve damage caused by accident or injury.

The study in mice focused on peripheral nerve cells, which transmit signals between the brain and the rest of the body. However, despite advances in surgical techniques, patients usually only have good recovery when their injury is minor.

Researchers simulated the type of damage caused by accident or injury, by either stretching nerve cells or starving them of oxygen, which killed a significant number of nerve cells. Increasing omega-3 fatty acid levels in cells gave them significant protection and decreased cell death. They also found that a high level of omega-3 fatty acids helped mice to recover from nerve injury more quickly and more fully, and that their muscles were less likely to waste following nerve damage.

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

Graeme Barnett

Chief Executive Officer and Managing Director

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