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Indigenous Amazonian women have high omega-3 levels in breast milk compared to women in the United States

Economically impoverished indigenous Tsimane women living in Amazonian Bolivia consuming a traditional diet of local crops, wild game and freshwater fish have significantly higher levels of DHA and EPA omega-3 fatty acids in their breast milk than United States women¹.

Professor Steven Gaulin, one of the study authors stated "The American diet is eroding one of the most important benefits breast milk can provide – fats that are critical to infant brain development. It's not surprising that, among developed nations, American children are last on international tests of math and science."

The fatty acid content of baby formula sold in the United States is based on the analysis of breast milk collected from U.S. mothers. The study raises questions on the validity of these current standards and suggests that standards of fatty acid composition for infant formulas should be derived from indigenous populations consuming a diet closer to that of ancestral humans.

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

Graeme Barnett

Chief Executive Officer and Managing Director

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¹ The research is published in the July 2012 issue of Maternal & Child Nutrition
<http://onlinelibrary.wiley.com/doi/10.1111/j.1740-8709.2012.00412.x/pdf>.