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## **Low Levels of Omega-3 Fatty Acids May Cause Memory Problems**

A diet lacking in the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) nutrients commonly found in fish, fish oil and algal oil, may cause your brain to age faster and lose some of its memory and thinking abilities, according to a study published in the February 28, 2012 issue of the medical journal *Neurology*.

"People with lower blood levels of omega-3 fatty acids had lower brain volumes that were equivalent to about two years of structural brain aging," said study author Dr Zaldy S. Tan of the Easton Center for Alzheimer's Disease Research, University of California at Los Angeles.

For the study, 1,575 people with an average age of 67 and free of dementia underwent MRI brain scans. They were also given tests that measured mental function, body mass and the omega-3 fatty acid levels in their red blood cells.

The researchers found that people whose DHA levels were among the bottom 25 percent of the participants had lower brain volume compared to people who had higher DHA levels. Similarly, participants with levels of all omega-3 fatty acids in the bottom 25 percent also scored lower on tests of visual memory and executive function, such as problem solving and multi-tasking and abstract thinking.

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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