



**Qponics Limited,**

ABN 84 149 001 678

30b McKechnie Drive,  
Brisbane Technology Park,

Eight Mile Plains

QLD 4113, AUSTRALIA

PO Box 4526, Eight Mile Plains, QLD 4113, Australia

## **Eating omega-3 fatty acids may lower the risk of Alzheimer's disease**

A new study<sup>1</sup> of 1,219 people over the age of 65 who were free of dementia suggests that blood levels of a protein related to Alzheimer's disease and memory problems are lowered by consuming more omega-3 fatty acids.

These beta-amyloid proteins clump together in the brains of people with Alzheimer's and is one of the key hallmarks of the disease and blood levels are believed to reflect those in the brain.

Consuming one extra gram of omega-3 fatty acids a day, on top of the average amount consumed in the study, is linked with a 20 to 30 percent decrease in beta-amyloid levels in the blood, indicating a protective effect from consuming omega-3 rich foods including fish and algal oils.

"More and more intake of Omega-3s was associated with lower and lower levels of beta-amyloid in the blood," said study researcher Dr Nikolaos Scarmeas.

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

24 May 2012

---

<sup>1</sup> The research is published in the May 2, 2012, online issue of Neurology®, the medical journal of the American Academy of Neurology.