



**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

## **US Defense Dept to study omega-3 ability to reduce suicides**

The United States Defense Department is funding a new study to determine if something as simple as a drink with high concentrations of omega-3 fatty acids can help to reduce suicides among veterans.

Starting in January, 2013 the study will assess omega-3 fatty acids on 350 volunteer participants who have attempted suicide or are considered to be at risk of doing so, reported Professor Bernadette Marriott, of the Medical University of South Carolina, who is the study's principal investigator.

Dr Joseph Hibbeln, acting chief of the National Institute on Alcohol Abuse and Alcoholism's nutritional neurosciences section said that adding about 4 grams of omega-3 fatty acids to the drinks of the experimental group each day should elevate their omega-3 blood levels to those commonly found among populations of fish-eating countries such as Japan and Iceland.

Professor Marriott said she expected to see much higher omega-3 levels in the experimental group, with corresponding improvements in their mood and performance levels. The study may give new hope to military personnel and veterans struggling with depression and suicidal tendencies.

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  
20 November, 2012