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Omega-3 oils slow age-related mobility decline

A University of Aberdeen study presented at the British Science Festival in September 2012 suggests that moderate exercise, and a regular intake of EPA and DHA omega-3 fatty acids, keeps elderly immobility at bay.

Findings of a recent trial by Dr Stuart Gray show that women aged over 65 who received omega-3 fatty acids gained almost twice as much muscle strength following exercise than those taking olive oil.

During healthy ageing, muscle size is reduced by 0.5-2% per year. This process - known as sarcopenia - can result in frailty and immobility in old people. Data from the US shows that 25% of people aged 50-70 have sarcopenia and this increases to more than half of those aged over 80 years.

"Around one-and-a-half percent of the total US healthcare budget is spent on sarcopenia-related issues", Dr Gray said.

Previous studies demonstrated that livestock fed on omega 3-rich diets had increased muscle bulk. This prompted Dr Gray to investigate whether these fatty acids could help reverse sarcopenia in the elderly.

The results were compelling. Women receiving olive oil increased their muscle mass by 11% whilst those receiving EPA and DHA showed a 20% increase - a statistically significant improvement.

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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