

HEADLINES TOPICS PRODUCT NEWS HEALTH CONDITIONS PRODUCTS JOBS EVENTS

Search

**Sports & Lifestyle Nutrition 2013 Online Event** - Exploring strategies for brand success - Feb 7th - **FREE registration: Click here!**

HEADLINES > RESEARCH

Subscribe to the Newsletter

Text size Print Forward

25

83

0

1

Tweet

Like

Share

Follow @NutraEurope 2,922 followers

Like

347 people like this.

## Omega-3 rich diet can boost children's IQ, says meta-analysis



By Nathan Gray+  
28-Jan-2013

[Post a comment](#)

Related tags: [omega-3](#), [fish oil](#), [PUFA](#), [IQ](#), [intelligence](#)

Related topics: [Omega-3](#), [Research](#), [Nutritional lipids and oils](#), [Cognitive and mental function](#)

**Supplementing children's diets with fish oil is one of several effective ways to raise a young child's IQ levels, according to a new report.**

The meta-analysis, published in *Perspectives on Psychological Science*, finds that supplementation with omega-3 rich fish oil is one of several effective methods to help boost children's intelligence measures.

Led by John Protzko from New York University (NYU), USA, the research team found that fish oil consumption, along with enrolling children in a quality preschool, and engaging them in interactive reading, are all effective at increasing IQ measures.

Protzko and his colleagues analysed the best available studies involving samples of children from birth and kindergarten from their newly assembled 'Database of Raising Intelligence' – finding that omega-3 supplementation can boost IQ measures by more than 3.5 points.

"Our aim in creating this database is to learn what works and what doesn't work to raise people's intelligence," said Protzko.

"For too long, findings have been disconnected and scattered throughout a wide variety of journals. The broad consensus about what works is founded on only two or three very high-profile studies."

"The larger goal here is to understand the nature of intelligence, and if and how it can be nurtured at every stage of development," added



### RELATED NEWS:

[Healthy diets linked to higher childhood IQ](#)

[Poor childhood diet linked to low IQ, suggests study](#)

[Fish intake linked to higher IQ in offspring](#)

**So little. So much.**

Powerful Phospholipid EPA & DHA  
Excellent User Experience  
Smaller Dose, Easy Digestion  
Meets Demands for New Omega-3s

Phospholipid  
Omega-3

SUPERBA<sup>®</sup> KRILL

### MOST POPULAR NEWS

- 1 [Nutricia launches high dose 1.5g omega-3 Alzheimer's drink](#)
- 2 [Coffee leaf may produce 'healthy' tea and other functional products](#)
- 3 [Supplements and milk are most important for children's vitamin D levels, say researchers](#)
- 4 [Multivitamins and antioxidants may promote cancer growth in late-stage patients, warns Nobel laureate](#)
- 5 [Sweden: Ban rejected NHCR nutrients in supplements?; Legal experts: Don't be silly](#)

**Sports & Lifestyle Nutrition | 2013 Online Event**

**Protein: Round table discussion**



John Heiss, PhD  
Herbalife



Ralf Jaeger, PhD  
Inogenus LLC

If you think you know  
**PHARMACHEM**  
It's time for another look.



Did you know we have a **fully integrated aloe vera production**



**Stephen Daniells, PhD**  
Nutrainingredients-USA.com

**Register now  
FREE**

**7th February 2013**

8:30am - New York  
2:30pm - Paris

Professor Joshua Aronson, also of NYU – senior author of the study.

*"This is just a first step in a long process of understanding," he said.  
"It is by no means the last word."*

TECHNICAL PAPER

### Lipowheat – Rich in Botanical Ceramides

Lipowheat™ is a natural, vegetarian source of botanical ceramides. Patented and backed by three clinical studies, this New Dietary Ingredient (NDI) helps maintain healthy skin hydration. Contact P.L. Thomas at plt@plthomas.com or 973-984-0900.... Click here

*"In fact, one of the main conclusions is how little high quality research exists in the field and how much more needs to be done."*

#### Study details

Protzko and his colleague performed the meta-analysis of the studies contained within the database under several headers.

*"We first analysed the effects of several nutritional supplements given to expecting mothers, new mothers, and their children in the hopes of raising the children's intelligence," they explained.*

*"We found that supplementing either a pregnant mother or supplementing infant formula with long chain polyunsaturated fatty acids raises a young child's IQ by more than 3.5 points."*

However the team found little or no evidence for a beneficial effect on IQ measures from other forms of nutritional supplements, including iron, thiamine, ascorbic acid, and B-complex vitamins.

*"Although providing iron supplements to pregnant mothers and infants may not boost young children's IQ, introducing them later in a child's life might," added the research team.*

They added that the likely mechanism behind the beneficial effects of omega-3 supplementation lies in the fact that these essential fatty acids provide the building blocks for nerve cell development that the body cannot produce on its own.

*"Identifying the link between essential fatty acids and intelligence gives rise to tantalizing new questions for future research and we look forward to exploring this finding," said Protzko.*

Source: *Perspectives on Psychological Science*

Published online ahead of print, doi: 10.1177/1745691612462585

*"How to Make a Young Child Smarter: Evidence From the Database of Raising Intelligence"*

Authors: John Protzko, Joshua Aronson, Clancy Blair

**Copyright** - Unless otherwise stated all contents of this web site are © 2013 - William Reed Business Media SAS - All Rights Reserved - Full details for the use of materials on this site can be found in the [Terms & Conditions](#)

#### Get more articles like this in your mailbox:

Your email

Sign up

#### Post a comment

Comment title \*

Your comment \*

Your name \*

Your email \*

We will not publish your email on the site

**capability**--from farming operations--to facilities that convert the leaves to powder or liquid forms for a variety of applications?



**P** PHARMACHEM  
LABORATORIES

pharmachemlabs.com  
201-246-1000 800-526-0609

#### KEY INDUSTRY EVENTS

**Probiotech & Microbiota 2013** 05-Feb-2013  
Brussels / Conference  
[read more](#)

**Sports & Lifestyle Nutrition 2013** 07-Feb-2013  
Online conference  
[read more](#)

**Protein : Round table discussion** 07-Feb-2013  
Online conference  
[read more](#)

[Access all events listing](#)

#### PRODUCTS

**ROQUETTE GDL (Glucono-delta-lacton)**  
Roquette

**IL GDL (Glucono Delta Lactone)**  
**ROQUETTE**  
Roquette

**ROQUETTE Glucono-delta-Lactone (GDL)**  
Roquette

**ROQUETTE GDL (GLÜKONO-DELTA-LAKTON)**  
Roquette

**ROQUETTE's GDL (Glucono Delta Lactone)**  
Roquette

**A top-quality progressive acidifier**  
Roquette

[View All Products](#)

#### Live Supplier Webinars

**Going mainstream - the evolution of the sports nutrition market** 07-Feb-2013  
William Reed Business Media

**Opportunities and pitfalls: Building and maintaining a sports nutrition brand** 07-Feb-2013  
William Reed Business Media

**Protein: Round table discussion** 07-Feb-2013  
William Reed Business Media

**On demand Supplier Webinars**  
**Food Fact and Fiction: Separating Science from Myth**  
WRBM

**Omega 3: Concentrate on what matters**

I agree to [Terms and Conditions](#)

## POST YOUR COMMENT

When submitted, your comment will be moderated and, once approved, will appear on the site shortly after.

Croda

**Imaginative omega 3 solutions: Incrome™ 3mulsion DHA**

Croda

All supplier webinars

## TODAY'S HEADLINES



Euromonitor “shocked” by EU probiotic decline



Omega-3 rich diet can boost children's IQ, says meta-analysis



Vitamin D deficiency may be a risk factor for premenopausal breast cancer: Study



Will protein blends surpass singular protein sources for sports nutrition?



Wageningen and Singapore's NTU partner on food science research



Antioxidant wood extract shows immune benefits



Danone juice JV with Chiquita dogged by 'mismanagement': Industry source

## WEEKLY / DAILY FREE NEWSLETTER

- |  |   |
|--|---|
| <input type="checkbox"/> <b>FoodNavigator.com</b><br>Food & Beverage Development - Europe                        | <input type="checkbox"/> <b>DairyReporter.com</b><br>Dairy Processing & Markets                                 |
| <input type="checkbox"/> <b>FoodNavigator-USA.com</b><br>Food & Beverage Development - North America             | <input type="checkbox"/> <b>BeverageDaily.com</b><br>Beverage Technology & Markets                              |
| <input type="checkbox"/> <b>FoodNavigator-Asia.com</b><br>Food, Beverage & Supplement Development - Asia Pacific | <input type="checkbox"/> <b>ConfectioneryNews.com</b><br>Confectionery & Biscuit Processing                     |
| <input type="checkbox"/> <b>NutraIngredients.com</b><br>Supplements & Nutrition - Europe                         | <input type="checkbox"/> <b>BakeryAndSnacks.com</b><br>Industrial Baking & Snacks                               |
| <input type="checkbox"/> <b>NutraIngredients-USA.com</b><br>Supplements & Nutrition - North America              | <input type="checkbox"/> <b>GlobalMeatNews.com</b><br>Global Trading and Meat Processing                        |
| <input type="checkbox"/> <b>FoodProductionDaily.com</b><br>Food Processing & Packaging                           | <input type="checkbox"/> <b>FoodManufacture.co.uk</b><br>The Information Resource for Food and Drink Processing |
| <input type="checkbox"/> <b>FoodQualityNews.com</b><br>Food Safety & Quality Control                             |   |

## FREE E-MAIL ALERTS

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Antioxidants, carotenoids | <input type="checkbox"/> Cosmeceuticals                  | <input type="checkbox"/> Dairy-based ingredients     | <input type="checkbox"/> Dosage forms                   |
| <input type="checkbox"/> Fibres and carbohydrates  | <input type="checkbox"/> Minerals                        | <input type="checkbox"/> Nutritional lipids and oils | <input type="checkbox"/> Phytochemicals, plant extracts |
| <input type="checkbox"/> Probiotics and prebiotics | <input type="checkbox"/> Proteins, peptides, amino acids | <input type="checkbox"/> Soy-based ingredients       | <input type="checkbox"/> Vitamins & premixes            |
| <input type="checkbox"/> Bone & joint health       | <input type="checkbox"/> Cancer risk reduction           | <input type="checkbox"/> Cardiovascular health       | <input type="checkbox"/> Cognitive and mental function  |
| <input type="checkbox"/> Diabetes                  | <input type="checkbox"/> Energy & endurance              | <input type="checkbox"/> Eye health                  | <input type="checkbox"/> Gut health                     |

## OTHER NEWSLETTERS

- Science & Nutrition Research
- Food legislation
- Food Finance
- Innovations in Food Ingredients
- Innovations in Food Processing and Packaging
- Innovations in Food Safety & Instrumentation
- Food Industry & Consumer Trends
- Food Marketing and Retailing

Immune system

Maternal & infant health

Respiratory health

Skin health

Weight management

Women's health

**Free subscription now!**

#### RELATED SITES FROM OUR TEAM

**Food & Beverage:** Food & Beverage Development - Europe | Food & Beverage Development - North America | Food, Beverage & Supplement Development - Asia Pacific | Food Marketing and Retailing | Food and Beverage Processing and Packaging | Food Safety & Quality Control | Industrial Baking & Snacks | Beverage Technology & Markets | Confectionery & Biscuit Processing | Dairy Processing & Markets | Global Trading and Meat Processing | Food jobs - Europe **Nutrition:** Supplements & Nutrition - Europe | Supplements & Nutrition - North America **Pharmaceuticals:** Pharmaceutical Industry | Contract Research, Manufacturing & Clinical Trials **Cosmetics:** Cosmetics Formulation & Packaging in North America | Cosmetics Formulation & Packaging in Europe | Cosmetics Formulation & Packaging in Asia-Pacific

[About us](#) | [Site map](#) | [All sites](#) | [Recommend this Site](#) | [Advertise](#) | [Contact the Editor](#) | [Terms & Conditions](#) | [Privacy and Cookie Policy](#)