

Media Contact:
Amy Summers
813-881-0862 or asummers@tampabay.rr.com
Pitch, Inc.

SKIP THE FISH – Get Your DHA Omega-3 in an Egg

The recent fish warnings from the FDA have left pregnant and nursing mothers upstream without the means for obtaining certain vital nutrients such as DHA (docosahexaenoic acid) Omega-3, found in cold-water fatty fish. DHA is an essential fatty acid for heart health and for brain and eye development and function.

New studies show that DHA Omega-3 enriched eggs may be the best option for mothers and babies since they do not pose the same health risks associated with certain long-living, large fish, such as king mackerel, shark, swordfish, tilefish, and tuna.

These fish accumulate the highest levels of methylmercury, a neurotoxin that can lead to damage in the brain and nervous systems of both fetuses and young children. Ailments related to such damage could potentially span from learning and attention disabilities to mental retardation.

Obstetrics & Gynecology (March, 2003) reported that eggs containing high levels of DHA could be a good alternative source of dietary DHA. The study concluded that relatively modest amounts of dietary DHA during pregnancy appear to extend gestational age and may lead to enhanced fetal growth.

Gold Circle Farms DHA Omega-3 eggs, produced by Hidden Villa Ranch, contain the highest level of naturally fortified DHA Omega-3 (approximately 150 milligrams per egg) and are available nationwide at major grocery store and health food chains. Three to four Gold Circle Farms DHA Omega-3 eggs are equal to about 3 ounces of salmon.

During pregnancy, mothers are the sole source of DHA Omega-3 to the fetus. This nutrient is so vital to fetal cognitive and visual development that the mother's supplies are depleted if she doesn't consume enough DHA in her diet, which may leave her with a DHA deficiency.

For more information on DHA Omega-3 eggs or for a copy of the latest studies visit <http://www.goldcirclefarms.com/>