

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

Move Over Fish – New Fortified Eggs Contain DHA Omega-3 Benefits Without the Risk

Fullerton, Calif. – If you are tired of eating salmon and tuna to get your weekly intake of omega-3s there is good news. Hidden Villa Ranch has introduced a new fortified egg, Gold Circle Farms DHA Omega-3.

Docosahexaenoic acid (DHA) omega-3 is an essential fatty acid for brain and eye development and function and is vital for heart health. However, the U.S. diet has one of the lowest DHA levels in the world.

“More than half of Americans are not eating fish because they don’t like the taste of it or are concerned about warnings of mercury or other environmental contaminants,” says Tim Luberski, founder and president of Hidden Villa Ranch, manufacturers of Gold Circle Farms eggs. “So now instead of trying to eat fish twice a week, you can have a couple of omelets made with DHA omega-3 eggs and get the same benefits without the potential risks.”

Gold Circle Farms eggs contain the highest level of DHA, approximately 150 milligrams per egg, by utilizing an exclusive process for cultivating marine algae into animal feed for the hens. Like fish, the hens eat the naturally enriched algae that contain long-chain DHA omega-3 fatty acids resulting in a naturally fortified egg.

Recent studies show that DHA omega-3 eggs may also be especially beneficial to mothers and babies.

Obstetrics & Gynecology (March, 2003) reported that eggs containing high levels of DHA may be a good alternative source of dietary DHA, since it is a food that is more affordable and broadly consumed as compared to fish. The study concluded that relatively modest amounts of dietary DHA during pregnancy appear to extend gestational age and may lead to enhanced fetal growth.

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