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Benefits of Fish Oils and Pregnancy



Is it safe to mix fish oils and pregnancy? What are the health benefits for your unborn child? Are fish oils harmful to the fetus?

You'll be surprised to see fish oils offer many health benefits for you and your baby. Research shows [fish oils are good for your heart](#), and the long range benefits of taking fish oil during pregnancy is quite amazing.

Health Benefits of Taking Fish Oils During Pregnancy:

- May lead to increased blood flow to uterus, promoting an environment more conducive to pregnancy.
- Lowers your risk of premature births.
- Boosts your baby's immune system. Fish oils may help your baby fight off infections.
- Improves infant visual acuity and better body development.
- Lowers your baby's risk for getting allergies.

Below you'll find more studies on fish oils and pregnancy. I hope this information helps you have a safe and healthy pregnancy.

Mothers Taking Fish Oils May Improve Their Baby's Eye and Hand Coordination

Australia - Did you know you can improve your baby's eye and hand coordination by taking fish oil during pregnancy?

A recent study from Australia had pregnant women take either 4 grams a day of fish oils supplements or olive oil supplements, starting from their 20th week of pregnancy.

When these women's children were just over 2 years of age, researchers tested their eye and hand coordination, language and other skills.

It turns out children whose mothers took fish oil supplements *performed better on eye and hand coordination tests*, compared to those who took olive oil supplements.

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Researchers concluded taking fish oils supplements during pregnancy is safe for the fetus and infant and may have potentially beneficial effects on a child's eye and hand coordination.

Have You Discovered the Benefits of Omega 3-enriched Formula for Your Baby?



Knoxville, Tennessee - Breastfeeding is still the best way to give your baby a good head start to a healthy life. But what if you can't breastfeed? Do infant formulas with omega 3 supplements deliver a good nutritional punch?

Researchers at University of Tennessee noticed babies fed formula supplemented with omega 3 fatty acids performed better on specialized eye tests and attention tests.

The babies were fed an infant formula supplemented with *docosahexaenoic acid (DHA)*, a fatty acid found in fish oil supplements and fatty fish.

At 12 months of age, the babies were tested for how well they remembered faces and places and their attention spans.

And the results are:

- The babies fed the DHA supplement would focus their attention more frequently than babies not getting the omega 3-enriched formula.
- Positive effects were seen *up to 10 months after* DHA supplements were stopped.
- This test confirmed earlier evidence that DHA can increase how fast infants process information.

Researchers believe omega 3 fatty acids found in fish oils are essential for healthy brain and vision development. These healthy fats help your body produce cellular membranes in both the eye and brain. Taking fish oils supplements during pregnancy is one way to provide these essential nutrients to your baby.

Want to learn [More Health Benefits of Fish Oils and Pregnancy?](#) Go to [Fish Oils and Pregnancy - Page 2](#) and learn how to reduce your child's risk for allergies and asthma.

Research References:

Cognitive assessment at 21/2 years following fish oil supplementation in pregnancy: a randomized controlled trial. Archives of Disease Childhood, Fetal & Neonatal Edition. 2006 Dec 21

A Randomized Trial of Visual Attention of Pre-term Infants Fed Docosahexaenoic Acid Until Two Months Lipids. 1996 Jan;31(1):85-90.

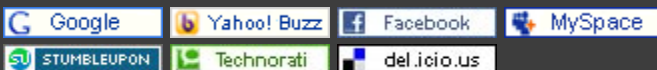


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