



Concepts Of Spring Releases Information Regarding Advantages Of Omega 3 For Children

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Concepts of Spring has revealed new information that shows that Omega 3 is essential for children. Studies done in both the UK and the United States suggest that levels of Omega 3 in school aged children can predict how well they will be able to learn.

A study produced by the University of Oxford found that children with lower levels of Omega 3 had more difficulty concentrating, and thus learned at a slower rate than children whose diets were rich in foods containing this essential nutrient. Eva Galvez, spokesperson for the company, explains, "Research has shown that these fatty acids may also help to manage certain behavioral and psychological conditions, due to their role in neurotransmitter functioning."

One specific study on children taking Omega 3 supplements showed that the mineral may help children with attention deficit hyperactivity disorder to show fewer symptoms.

Studies have been done on the effects of Omega 3 in adults and children for a number of years. However, recent reports have shown that some children with low levels of certain types of Omega 3 in their systems,

have poorer reading abilities than those with higher levels. Studies performed in Japan indicated that high fish intake on a weekly basis can help to reverse signs of depression, and that the anti-inflammatory properties of these fatty acids can be potentially beneficial for certain childhood conditions including obesity and asthma.

Findings from previous studies show conclusively that children whose diets contain adequate amounts of Omega 3 have improved reading skills and fewer issues with behavior than those without, in ages ranging from preschool to middle school and above.

"Spring Vitality offers an Omega 3 supplement that is designed to be easy to swallow, and lemon flavored, in a soft gel that contains optimum levels of Omega 3 for children, as well as adults," states Galvez.

Concepts of Spring, the Elkhart, Indiana company that produces the Spring Vitality Omega 3 Supplement, has conducted research to formulate and produce Omega 3 that is child-friendly.

More about the company, as well as the benefits of Omega 3 in children, can be seen on their Facebook page.

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofpring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

Spring Vitality

Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.

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