



Concepts of Spring Reveals Research on Omega 3 and Why it is Crucial for Teens

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Information recently gathered by Elkhart, Indiana company Concepts of Spring, shows that American teenagers are not getting enough Omega 3 in their daily diets and why this fatty acid is vital. Research done on the effects of these fatty acids in teens, and the health risks of not meeting the recommended daily dose, shows that supplementation is often necessary for children and teens.

Company spokesperson Eva Galvez states, "A study done back in 2007 showed that children with autism who got the recommended dosage of Omega 3 every day had improved behavior, compared to those who did not get their dose of essential fatty acids."

Medline Plus recently reported that getting adequate doses of these fatty acids may help to improve the behavior of children with attention deficit hyperactivity disorder, and in a safer way than with many prescription medications designed to treat ADHD.

The University of Pittsburgh released a study done on teenagers that showed mood disturbances and many addictions can be directly linked to the lack of Omega 3 fatty acids in their systems. The study shows that

teens lacking adequate amounts of Omega 3 in their daily intake run a higher risk of facing the common problems related to teenagers than those who are getting their recommended daily amounts.

Studies done on adults have shown that taking adequate amounts of Omega 3 every day can help to elevate mood and eliminate many mood related disorders. Eva Galvez explains, "If you feel that your teenager is a bit more moody than you would consider normal, then perhaps he or she is lacking in essential fatty acids." Studies have revealed that a diet deficient in fatty acids can contribute to teen angst, and potentially trigger more serious emotional problems in the future. Teenagers who typically ingest junk food as opposed to healthier choices, may definitely be lacking these essential acids.

Spring Vitality Omega 3 Supplement is designed to offer teenagers and adults the recommended amount of Omega 3 to help eliminate the risks of deficiency. Those interested in learning more can visit Concept of Spring's Facebook page for news, updates, and promotions about their health, and home safety products.

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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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