

Omega-3: EPA and DHA

Literatur: Stonehouse, W et al, DHA Supplementation improved both memory and reaction time in healthy young adults: a randomized controlled trial, *American J. of clinical nutrition*, 97: 1134-1143, 2013; Parris M. Kidd. Omega-3 DHA and EPA for Cognition, Behavior and Mood: Clinical findings and structural functional synergies with ce/1 membrane phospholipids; *Alternative Medicine Review Vol 12.No.3, Sept. 07*; Sinclair AJ et al, Omega 3 fatty acids and the brain: review of studies in depression, *Asia Pac J clin Nutr.* 2007, 16 Suppl 1:391-7; Fontani G et al. Cognitive and physiological effects of omega-3 polyunsaturated fatty acid supplementation in healthy subjects. *Eur J Clin Invest* 2005;35:691-699; Chiu C. Effects of n-3 polyunsaturated fatty acid supplementation on recurrence prevention inpatients with late-life depression: on-site issfal conference report Stockholm, june 2014; Casula, Met al., Long-term effect of high dose omega-3-fatty acid supplementation for secondary prevention of cardiovascular outcomes: a meta-analysis of randomized, double-blind, placebo controlled trials, *Artherosclerosis supplements*, 14: 243-251, 2013; *Alternative medicine review*, volume 15, p84-86, number 1, 2010; Sven David Müller, Omega-3-Fettsäuren aus ernährungsmedizinischer Sicht, *Schweiz. Zschr. Ganzheitsmedizin* 16, 95-1000, 168-172, 223-229, 2004, Goldberg, R J. ,Katz, J., A meta-analysis of the analgetic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. *Pain/29:210-23(2007)*; Lin, P. Y. et al, A meta-analytic review of polyunsaturated fatty acid compositions in patients with depression. *Bio/ Psychiatry*, 68:140-7(2010).

Phospholipids (from krill oil)

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Astaxanthin (natural carotenoid)

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