

# POWERFUL NUTRITION FOR MOM MEANS BIG ADVANTAGES FOR BABY

Omega-3 fatty acids are critical from the very start!

**Eating well** is always a good practice to pursue for everyone, young and old. But assuring your body is getting the right nutrition is never more important than it is for women of child-bearing age.

Though vitamins, minerals, protein, and a wide array of whole-food nutrients found in fruits, vegetables, and grains all play important roles in health and vitality, a special group of nutrients found in fish, known as Omega-3 fatty acids, deserve special attention for all mothers and mothers-to-be.

There are 8 Omega-3 fatty acids involved in human nutrition, and science has shown that together or individually they are key players in the health of mother and child.

For Mom, they are needed to support a healthy heart and cardiovascular system, heart-healthy blood chemistry, strong cell structure and efficient cell function, and protective anti-inflammatory balance for healthy flexible joints.

For Baby, they are key building blocks for the brain and central nervous system as well as development of the optic nerve and retina. Neurological and visual development is fastest during foetal life and continues during infancy, and Omega-3 fatty acid accumulation more than triples during this time. Many studies have shown that mom's dietary intake of Omega-3 fatty acids during pregnancy affects the baby's visual acuity, cognitive development, and even sleep patterns.

From the very beginning, moms always want to give their babies every advantage in life, and good nutrition is an important way to do so. Knowing how to do this safely and effectively is not as easy as it might appear, though. Not all fish are good sources of Omega-3 fatty acids and some fish is known to include contaminants that can be dangerous to both mother and child! What's the solution! Whole-food Omega-3 supplementation from GNLD.



**It's potent** - delivering a "salmon dinner's worth" of all 8 Omega-3 fatty acids in every serving.

**It's pure** - carefully tested and screened to a "zero-tolerance" standard for contaminants.

**It's proven** - human clinical trial results, published in prestigious scientific journals like the journal of the American College of Nutrition show it provides fast and effective Omega-3 nutrition - just as mom and baby need.

