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TARGET SAMPLE:	86 pregnant/breastfeeding women

## **Cod liver oil during pregnancy and lactatation improves the child's IQ at 4 years of age**

### **SUMMARY**

The omega-3 fatty acid DHA is important for the development of the brain. There is a large increase in the brain content of this fatty acid during the rapid brain growth in last three months of pregnancy and the first months following birth. These fatty acids must be supplied to the developing baby from the mother. A study published in 2003 tested whether supplementing pregnant and breastfeeding women with Möller's cod liver oil (which is naturally rich in DHA) benefited the child. The women were given 10mL of Möller's Cod liver oil from week 18 of their pregnancy until 3 months after delivery and the children were tested for intelligence at 6 months, 9 months and 4 years of age. The children whose Mother's had taken Möller's Cod liver oil scored 4.1 points higher for intelligence at 4 years of age than the children whose mother's had taken corn oil. The mother's intake of DHA was directly related to this higher score which indicates that high DHA intake is responsible for this positive effect.

### **CONCLUSION**

Consuming DHA during pregnancy and lactation is beneficial for the mental development of the child and leads to a higher IQ at 4 years of age.

### **REFERENCE:**

Maternal supplementation with very-long-chain n-3 fatty acids during pregnancy and lactation augments children's IQ at 4 years of age.  
Helland IB, Smith L, Saarem K, Saugstad OD, Drevon CA  
*Pediatrics*. 2003 Jan;111(1):e39-44.