



Akovita[®] DHA – a true Lipid for Life

Akovita blends are tailor-made with active ingredients derived from a wide range of nutritional oils.

AAK



During pregnancy the mother provides the nutrition for the foetus, the mother's blood level of DHA may not be sufficient if not given extra DHA. With supplementation the benefits for the foetus includes support for normal visual and cognitive (brain) development and there is indication that it also may reduce the amount of premature births, prevents allergy and increase birth weight. As the brain continuously grows during toddlerhood and up to adolescence the EU recommends daily intake of 250 mg LCP omega 3. In adulthood the maintenance of the brain and eye and our cardiovascular health is supported by DHA. In senior nutrition a contribution towards normal brain function and a positive effect on aging/attention is evident.

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Supplementation with docosahexaenoic acid (DHA) can be beneficial throughout the whole life cycle. Starting with early life nutrition there is evidence suggesting that supplementation with DHA during pregnancy will support the development of the foetus. From toddlerhood and throughout life the supplementation with DHA is advisable. There are several EU approved health claims for DHA from foetus to adults.

Essential fatty acids can not be converted in the body and need to be obtained from the diet. In the body long chain polyunsaturated fatty acids (LCP) can be converted from the essential fatty acids, however the conversion rate is very low. Due to this, the LCPs are considered to be conditionally essential fatty acids.

Docosahexaenoic acid (DHA) is a LCP and the main omega 3 fatty acids in the brain and eye. It has been shown to be beneficial for both our brain and eye development throughout our lives. The foetus' brain development is accelerated during the second half of the pregnancy and continues to grow several years from birth and to adolescence.

Lipids for Life

DHA plays an important role of maintaining our brain health through our life.

Source of DHA

Natural sources of DHA are fish, krill, egg and DHA is also available as a single cell oil, derived from algae. DHA derived from egg is bound to phospholipids, whereas the others are in triglyceride form.

Akovita DHA

AAK's product is an algae based DHA, which is the most sustainable source of DHA available. This is entirely in-line with AAK's ambitions and it fully meets our high quality demands. We recommend this product to be used to supplement food applications for pregnant women, children and adults.

Akovita DHA

Available health claims in EU for food aiming for pregnant women

- ◆ Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants*
- ◆ Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants*

*Food providing the additional daily dose of 200 mg/day of DHA

Available health claims in EU for adults

- ◆ DHA contributes to maintenance of normal brain function**
- ◆ DHA contributes to maintenance of normal vision**

**Food providing 40mg/100g and 100 kcal