

The Importance of DHA During Pregnancy

Benefits of DHA For Mom and Baby

DHA is the building block for healthy brain and eye development (Uauy et al. 2001). DHA is the most abundant kind of fat in both the brain and the retina of the eye and is important for optimal brain and eye function. As your baby grows throughout your pregnancy, the brain grows more rapidly than in any other stage of infant or child development. And during the first year after birth, the brain continues to develop rapidly, growing 3 times in size the first year. Studies have shown that your baby's nutrition during pregnancy and in the months after birth may have a long-term impact on your baby's health and development (Uauy et al. 2001).

Now you know that DHA provides important brain and eye nutrients for your baby. What else can DHA—like the kind provided by Duet®DHA—do for you and your baby?

1. DHA can affect brain function and behavior; lower levels of DHA in the body have been associated with health concerns like depression, mood disorders, memory loss, and other neurological or visual conditions (Uauy et al. 2001; Salem et al. 2001).
2. Adequate amounts of DHA in the body have been associated with improving the length of time a fetus remains in the womb to develop (Smuts et al. 2003).
3. DHA supports your health, including brain function and heart vitality, in a variety of ways. The scientific community continues to discover that getting enough DHA is critical to brain function at every stage of life (Uauy et al. 2001).
4. The American Heart Association states that "omega-3 fatty acids [like DHA] benefit the hearts of healthy people and those at high risk of—or who have—cardiovascular disease."

About the Author

Sunnie Southern is a representative of DuetDHA, [prenatal vitamins](#) that offer 17 important nutrients. DuetDHA includes an enhanced form of iron and enteric-coated omega-3 fatty acids, in a well tolerated once-daily formulation.

Source: <http://www.articletrader.com>