



# ALGAVIE™ DHA

## ODOURLESS ALGAL POWER



COGNITIVE FUNCTION



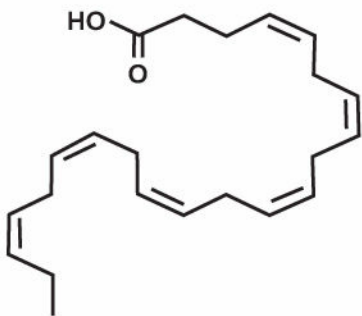
CARDIOVASCULAR SUPPORT



VISUAL HEALTH



MUSCLE HEALTH



## AlgaVie™ DHA

Docosahexaenoic acid (DHA) is a long-chain omega-3 polyunsaturated fatty acid, commonly present in marine & algal oils. A key component of all cell membranes, DHA is particularly abundant in the grey matter of the brain & in the outer rod segments of the retina<sup>1,2</sup>. **This essential fatty acid contributes to approximately 97% & 93% of the total omega-3 PUFA (Polyunsaturated Fatty Acids) in these organs, respectively<sup>2</sup>.**

Bio-gen Extracts manufactures high-quality, odourless Algal DHA 20% powder from *Schizochytrium sp.* using a distinctive manufacturing process. **This cost-effective & water-dispersible powder is suitable for various convenient applications like powder drink mixes, infant formula, gummies, bars, snacks & bakery, ideal for today's demanding consumers.**



Odourless



Water  
Dispersible



Clean Label



Stable

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



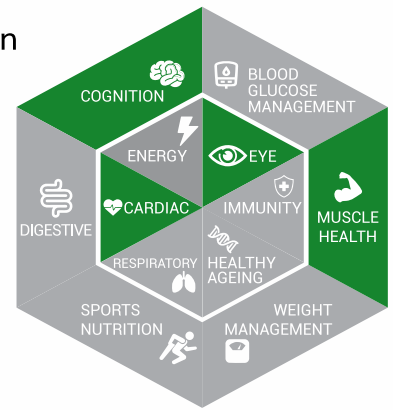
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Unlike the photosynthetic cells in algae & higher plants, mammalian cells lack the specific enzymes (elongase & desaturase enzymes) required for the **de novo synthesis of short-chain omega-3 fatty acid, alpha-linolenic acid (ALA)**, the precursor for all omega-3 fatty acid synthesis. Hence **endogenous synthesis of DHA from ALA in humans is much lower & more limited**, necessitating a dietary supplementation of this essential fatty acid<sup>3,4</sup>.

**DHA plays a crucial role in the structure & function of cell membranes**, maintaining cell membrane fluidity & flexibility. **It is essential throughout all life stages** from infant health to cardiovascular health, cognitive function & visual health in adults<sup>5</sup>.



Recommended Daily Intake: 250-500 mg/day<sup>5</sup>

Doses of 250 mg to 1000 mg have been used in several studies.

Supplemental intakes of DHA alone up to about 1g/day do not raise safety concerns for the general population<sup>6</sup>.



### RESEARCH

COGNITIVE FUNCTION  
CARDIOVASCULAR SUPPORT  
VISUAL HEALTH  
MUSCLE HEALTH

## COGNITIVE FUNCTION

Cortical activation was observed with a daily DHA supplementation of 400 mg & 1200 mg for 8 weeks in 33 healthy boys aged 8-10 years<sup>7</sup>.

A significant reduction in depression in the HAM-D score was seen in 28 subjects with mild to moderate major depressive disorder (MDD) with 8-week supplementation of low doses of DHA of 260 mg & 520 mg per day<sup>8</sup>.

A multicentre study on 485 healthy subjects aged ≥55 with age-related cognitive decline, showed improved learning & memory function with supplementation of 900 mg of DHA daily for 24 weeks<sup>9</sup>.

## CARDIOVASCULAR SUPPORT

A vital study in 25,871 participants aged 50 years & older, monitored for an average of 5.3 years, lowered the risk of heart attack by 28%, the risk of fatal heart attack by 50% & reduced the rate of angioplasty procedures by 22% with a daily intervention of 380 mg of DHA & 460 mg of EPA along with Vitamin D3<sup>10</sup>.

A study in 121 healthy subjects with 600mg per day of DHA supplementation for 6 weeks reduced postprandial TG & had divergent effects on cardiovascular risk markers<sup>11</sup>.

A daily supplementation of 700 mg of DHA for 3 months in 38 healthy subjects aged 40-65 showed a reduction in diastolic blood pressure<sup>12</sup>.

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## VISUAL HEALTH

Subjective symptoms of dry eye disorders (DEDs) significantly improved along with a reduction of DED biomarkers like IL-1β & IL-6 in tears of 66 patients with mild to moderate DEDs with 350 mg of DHA in combination with antioxidants & 42.5 mg EPA when taken twice a day for 3 months<sup>13</sup>.

Neuroprotective effects on corneal nerves were observed with daily supplementation of 500 mg of DHA & 1000 mg of EPA for 3 months in a study involving 12 participants<sup>14</sup>.

## MUSCLE HEALTH

8-week supplementation of 260 mg of DHA & 600 mg of EPA per day in 24 healthy men before exercise attenuated the reduction of muscle strength, reduced muscle soreness, limited range of motion & improved the symptoms associated with muscle damage<sup>15</sup>.

### References:

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