

NEW DOSAGE RECOMMENDATIONS

Omega-3 Essential Fatty Acids Docosahexaenoic Acid (DHA)/Eicosapentaenoic Acid (EPA)

Directions for Use

The Trisomy 21 Research Foundation recommends that infants, children, and adults with Down syndrome consume essential fatty acids. However, if the individual consumes fish or eggs fortified with DHA in significant amounts in his or her diet, you may wish to reduce the dosage of DHA. If an infant is being breastfed, the mother may choose to consume DHA herself rather than provide it to the baby. If the infant is taking infant formulas with essential fatty acids (lipils), it may not be necessary to provide additional DHA in the diet.

Essential fatty acid products may be mixed with NuTriVene-D products. For infants, children, or adults who are not able to swallow capsules, you may pierce the gelcaps with a pin or needle or cut off the top of the gelcap and put in infant formula, drinks, foods, etc.

Should your child experience diarrhea while on DHA/EPA products, reduce the dosage you are providing by one-half.

AGE CHART	WEIGHT	TOTAL DAILY OMEGA-3 DOSAGE
Infant (1- 18 months)	5 – 10 lbs	200 mg DHA
	10 – 15 lbs	350 mg DHA
Children (18 months to 15 years)	20 – 40 lbs	300 mg DHA + EPA
	40 – 60 lbs	600 mg DHA + EPA
	60 – 80 lbs	900 mg DHA + EPA
	80 – 100 lbs	1200 mg DHA + EPA
	100 – 120 lbs	1500 mg DHA + EPA
Adults (Over 15 years)	120 – 140 lbs	1800 mg DHA + EPA
	140 – 160 lbs	2100 mg DHA + EPA
		650 mg DHA + EPA
		220 mg DHA - minimum
		220 mg EPA - minimum
Lactating Women		650 mg DHA

Should you have any questions or comments regarding these products, please contact us at 1-800-899-3413 or (410) 335-2802.

WARNINGS:

Omega-3 fatty acids may increase the blood-thinning effects of aspirin or warfarin. While the combination of aspirin and omega-3 fatty acids may actually be helpful under certain circumstances (such as heart disease), they should only be taken together under the guidance and supervision of your healthcare provider.