

St. Ivel advance with Omega 3 / St. Ivel.

Contributors

St. Ivel.

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St Ivel
advance
with
Omega 3

"Recent scientific studies suggest **Omega 3** plays an **important role** enhancing **learning** and **concentration** in some children"

Professor Robert Winston





Help unlock their potential

St Ivel
advance
with
Omega 3

What is *Omega 3*? **Omega 3** is an essential fatty acid. The only way our bodies can get **Omega 3** is through **what we eat**

- Traditionally the main source of **Omega 3** has been from oily fish, **not** always the easiest thing to get your children to eat!
- Research shows that most children consume **less than half** the recommended amount of **Omega 3**
- **New St Ivel advance** is **fresh milk** enriched with **Omega 3** (EPA and DHA – the forms most readily used by the body). You can enjoy **St Ivel advance** either as **whole** or **semi skimmed milk**
- It's the **easy way** to make sure your **family** receives the benefits of **Omega 3** while enjoying the delicious taste and **goodness** of **fresh milk**

St Ivel advance fresh whole milk



*Recommended Daily Intake whole milk



Visit
www.omega3.co.uk
for more information



50-60



Studies suggest that the **increased consumption** of **Omega 3** in some people **may enhance**:

- ✓ **learning** 
- ✓ **concentration** 

As part of a healthy lifestyle **Omega 3** can also help to **maintain** a **healthy heart**. 



Omega 3 - What the experts say

"Intake of **Omega 3** can make a significant difference to **children's performance**. The innovation of **milk with added Omega 3** will be of **huge benefit** to parents who find it difficult to encourage their children to eat fish or take supplements."

Professor Philip Calder - Professor of Nutritional Immunology,
University of Southampton

"**Omega 3** fatty acids are **essential for health** and most of us need to increase our intake - **especially children** - by eating fish more often, choosing everyday foods enriched with **Omega 3**, or taking fish oil supplement. Higher intakes may be **important for child development** and can **reduce the risk** of developing certain conditions, especially **heart disease**."

Luci Daniels - Dietician

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