Olive Oil Substance is Excellent Fish Oil Preservative, Antioxidant

Adding the olive oil polyphenol hydroxytyrosol to fish oil and fish oil-rich food products preserves freshness and dramatically improves their shelf life, according to a new study published in the Journal of Agricultural and Food Chemistry.\(^1\)

While fish oil has long been valued for its healthful benefits, protecting its delicate fats against oxidation has posed a technical challenge for nutritional scientists. Manufacturers routinely add the artificial preservative, propyl gallate to prevent unwanted oxidation of omega-3 fatty acids and/or vitamin E.

Spanish investigators conducted experiments on several fish products and determined that natural olive oil-derived hydroxytyrosol was as effective as the synthetic preservative in preserving the integrity of omega-3 fatty acids and/or vitamin E.\(^1\)

For years, Life Extension has included olive oil polyphenols in its Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract formulation, based on the excellent preservative, propyl gallate to prevent unwanted oxidation of omega-3 fatty acids and/or vitamin E.\(^1\)

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Fish Oil Improves Infants’ Cognitive and Motor Function

Infants exposed to a high level of docosahexaenoic acid (DHA) prenatally have improved mental and motor development, according to a study of native Inuit in Arctic Quebec.\(^*\) DHA is an omega-3 polyunsaturated fatty acid found abundantly in fatty fish that is a staple of the Inuit diet.

The level of DHA was measured in umbilical cord blood of 109 Inuit infants and compared with growth and development at 6 and 11 months. A higher DHA level obtained prenatally from the mother was associated with longer gestation, better vision at six months, and better mental and psychomotor development at 11 months. Postnatal DHA intake from breastfeeding was not significantly associated with any outcome variables.

Umbilical cord DHA concentrations correlated highly with maternal concentrations, indicating that the fetus depends on the mother’s polyunsaturated fatty acid intake. Omega-3 fatty acids play a role in third-trimester brain and visual development and are critical in the maternal diet.\(^*\)

Weight Loss Critical in Diabetes Management

Overweight patients with type 2 diabetes should lose weight, rather than take ever-increasing doses of insulin, according to diabetes researcher, Roger H. Unger, MD.

In a commentary that appeared recently in the Journal of the American Medical Association,\(^1\) Dr. Unger noted that the current paradigm regarding type 2 diabetes focuses on patients’ high blood sugar levels, and involves treatments designed to reduce blood sugar, often through intensive insulin therapy. But insulin resistance and the failure of pancreatic beta cells to produce adequate insulin are the result of lipotoxicity, or fatty acid poisoning, according to a new view of the disease.\(^2\)

Fat cells release substances that contribute to insulin resistance, including adiponectin, resistin, tumor necrosis factor-alpha, and interleukin-6.\(^3\) The logical remedy is to reduce or remove the problem—excess body fat—rather than escalate insulin doses. High levels of insulin only contribute to the problem, says Dr. Unger, by shifting excess glucose to fatty acid production, thus increasing the fatty acids that cause diabetes in the first place.

—Dale Kiefer
