



▼ **INGREDIENTS**

SUPPLEMENT FACTS	
Serving Size: 1 mL (Children 2-4 yrs)	
Servings per bottle: 60	
Amount Per Serving	% Daily Value
Calories.....	9
Total Fat.....	0.9 g 2%
DHA.....	275 mg
EPA.....	135 mg
ALA.....	16 mg
Total (Omega 3).....	426 mg
Linoleic (Omega 6).....	7 mg
Oleic (Omega 9).....	8.5 mg
Other Fatty Acids: Lauric, Caproic, Palmitic, Caprylic, Myristic, Stearic	
* Daily Value not established.	

Other Ingredients: Algae Oil; Borage Oil; Flaxseed Oil; Pomegranate Seed Oil; Perilla Seed Oil; Natural Bubble Gum Flavor; Mixed Tocopherols; Coconut Oil (Tree Nut); CoQ10.

▼ **DOSAGE**

- Children ages 2-4, take 1mL daily, or as directed.
- Children ages 4 and over, take 2 mL once daily, or as directed.

▼ **PACKAGING**

- Liquid: 2 fl oz., glass bottle.

▼ **PERSPECTIVE**

After 30 years of “fat phobia,” people are now aware of the critical importance of fatty acids in the human diet including Omega-3, 5, 6, 7 and 9, as well as saturated fat. In particular, the Omega-3 fatty acid DHA (docosahexaenoic acid) has come to the forefront of being critically important to brain function and intelligence, especially for the developing child.

▼ **LIFESTYLE**



#510 BRAINY PLAY (Omega-3, 6 & 9)

This formula contains ultra pure, essential fatty acids (Omega-3, 6 & 9) balanced for optimal impact for overall health. They promote healthy heart, brain and nervous system development in children. This formula contains algae oil, as well as botanical oils from borage, flax, pomegranate and coconut (tree nut), for a well-balanced Omega-3, 6 & 9 product. Helps ensure optimal brain development.

▼ **INDICATIONS**

- Children’s optimal brain performance
- Nutritional support for optimal learning
- Daily dietary supplement of balanced fatty acids
- Memory support
- Normal skin hydration
- Heart and cardiovascular daily support
- Normal mood management

▼ **KEY COMPONENTS**

- **Omega 3** – A complex of fatty acids (EPA, DHA, ALA) necessary for proper brain development and function. Supports neurotransmitter, memory, and attention processes.
- **Omega 6** – A class of essential fatty acids that must be acquired through diet, as the body does not make them. They play a crucial role in brain function, as well as normal growth and development.
- **Omega 9** – A non-essential fatty acid (oleic acid is the primary Omega-9) found in olive oil and other vegetable sources. They are important to balance Omega-3 and 6.
- **EPA** – Eicosapentaenoic acid. A long chain, essential, polyunsaturated, Omega-3 fatty acid directly supportive of normal brain development and cognitive function especially after age 5 when body requirements for EPA increase even more.
- **DHA** – Docosahexaenoic acid. A long chain, essential, polyunsaturated, Omega-3 fatty acid critically important for children’s brain development, including cognition and intelligence. Especially important for children under the age of five years old.
- **Alpha Linolenic Acid (ALA)** – An Omega-3 essential fatty acid necessary for proper brain and eye development, as well as the heart. A precursor to DHA.
- **Gamma-Linolenic Acid** – An Omega-6 fatty acid found in evening primrose oil and in borage seed oil. The body uses this to produce immune regulating prostaglandins.

- **Lauric Acid** – A coconut oil, medium-chain, saturated lipid that supports cellular energy, as well as immune relations with viruses and many other microbes. Supports normal skin moisture.
- **Caproic Acid** – A coconut oil, medium chain, saturated fatty acid found in breast milk. Supports normal relations regarding viruses and other microbes. Supplies energy to the cells.
- **Myristic Acid** – A saturated fatty acid found in coconut oil, nutmeg oil, and butter. Supports the phospholipid bilayer cell membranes to have proper fluidity.
- **Punicic Acid** – An Omega-5, polyunsaturated, super conjugated linoleic fatty acid from pomegranate seed oil. Supports normal immune processes and has many other health benefits.

▼ **CONTRAINDICATIONS**

None.

▼ **CLINICIAN CONSENSUS**

- Optimal Brain & Learning Support:
#510 Brainy Play

▼ **BACKGROUND**

Our children are entering a world where essential fatty acids are missing from the daily diet. These critically important nutrients support normal brain development and facilitate cell membrane health necessary to proper immune system function, hormone function, and energy production. Systemic Formulas’ response to this critical need for healthy fatty acids for children’s health is this Brainy Play formula.

▼ **SYNERGISTIC CONSIDERATIONS**

- #520 Fun Play - Multi Vitamin/Mineral
- #530 Tuff Play - Essential Immune Boost
- #12/#2012 B - Brain
- #32/#2032 Gb - Pituitary
- #50 I - Eyes

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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