

New findings: Omega-3 supplements can improve children's reading ability

A new experiment shows that the new role is extremely important but equally interesting of Omega-3.

An experiment shows that the new role is extremely important but equally interesting of Omega-3 fatty acids.

Accordingly, the lead research group, Dr. Mats Johnson of the University of Gothenburg, Sweden, has conducted a small experiment, showing that fatty acids often appear in fish, seafood, some algae called Omega-3 has the ability to improve reading ability in children from 9 to 10 years old.

The study was conducted in 154 students aged 9 to 10 years in Swedish schools.

These children were divided into two subjects, on the one hand, they were given omega-3 oil, the other side, the placebo drink was essentially palm oil. And the process of taking these two drugs is silently hidden to conduct research for three months.



This research has just been published in the Journal of Child Psychology. (Image source: Internet.)

After that, they were allowed to take part in testing an online exam on a computer called **Logos** and the scientists conducted a detailed examination of the reading speed, the ability to identify meaningful vocabulary, . meaningless . before and after taking medicine.

The results of the following test for supplementation with omega-3 supplements and placebo showed that the children were supplemented with omega-3 fatty acid oil capsules with a great readability, fast reading speed,

fluency, ability. Identifying meaningful words and fast nonsense surpasses those of children who only get placebo palm oil.

>> **Don't miss: Omega 3 fish oil is the best**

' However, it is worrisome that the amount of omega-3 in children's daily meals is not properly recognized and supplemented by parents so it partly reduces other children's abilities like ability to perceive, read, think . ' - Dr. Mats Johnson said in a statement.

Huynh Dung (According to Newkerala)

You finished reading the article "**New findings: Omega-3 supplements can improve children's reading ability**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.