

**ESPRICO®** is a dietary food for specific medical purposes (balanced diet), i.e. for the dietary treatment of **AD(H)D (attention deficit/hyperactivity disorder)** accompanied by poor concentration and learning difficulties.

## The significance of omega fatty acids

Long-chain, polyunsaturated omega fatty acids have essential functions in relation to the metabolic processes that take place within the brain. The omega fatty acid EPA (eicosapentaenoic acid) plays an important role in the transmission of information from cell to cell. Omega-3 DHA (docosahexaenoic acid) is a structural component of nerve cell membranes and important for brain development. The omega-6 fatty acid GLA (gamma-linolenic acid) is also involved in brain growth and brain function, including learning and memory processes. The body is not able to produce omega fatty acids on its own. They are therefore essential (vital) to human health and have to be obtained from the food we eat.

Various studies show that AD(H)D and accompanying disorders such as poor reading or writing can be helped by the dietary administration of long-chain, polyunsaturated fatty acids. **ESPRICO®** consists of a balanced blend of sea fish oil and evening primrose oil and is therefore high in polyunsaturated fatty acids (omega-3 EPA, omega-3 DHA and omega-6 GLA). **ESPRICO®** thus fits the specific nutritional needs that children with AD(H)D have and meets their medical nutritional requirements. Based on the specific needs of AD(H)D children, the mineral and vitamin content in **ESPRICO®** has been selected so as to meet these needs. In addition to this, it has a higher content of magnesium and zinc.

## AD(H)D = attention deficit / hyperactivity disorder

In recent years, AD(H)D has been diagnosed more and more frequently. At present, 6 % of all 6 to 10-year-olds are diagnosed with it. Attention deficit disorder (**ADD**) is marked by pronounced inattentive and impulsive behaviour. In the case of attention deficit / hyperactivity disorder (**ADHD**), restlessness and the urge to be constantly in motion are further symptoms. The disorder appears during the early years of childhood. It is not only temporary, but lasts for at least longer than six months. As a rule, AD(H)D is accompanied by poor concentration and learning difficulties. However, not every inattentive, restless or far-away child

has AD(H)D. Maybe he/she is still playful, lively or likes to daydream. A specialist should be called in accordingly to make a differential diagnosis.

## Poor concentration

Concentration is the ability to gather oneself inwardly and to focus all one's powers on a specific target. Any eventual interference is blanked out.

For everyday life at school, this means: the ability to pay undivided attention to schoolwork for some time.

More and more demands are being made on children. Information overload and external stimuli, which parents and children are not able to control, are constantly on the rise.

Unfocused children find it very hard to target their attention. They are easily distracted and like to drift off because they have to process so many impressions and thoughts. They are restless, absent-minded, make careless mistakes and forget things easily.

Poor concentration is a passing problem. Temporary, unfocused behaviour can have many causes: mental underload or overtaxing, a lack of exercise, unbalanced diet, too much time in front of the television or computer among other things. Targeted training programmes can help a great deal in improving poor concentration. Switching to a diet high in polyunsaturated omega fatty acids can also have positive effects.

## ESPRICO®

**ESPRICO®** has been developed on the basis of present scientific knowledge specially for the nutritional needs of children aged 5 and above who are suffering from AD(H)D. The fruity chewable capsules contain sea fish oil with a high concentration of omega-3 and omega-6 fatty acids. As a result, **ESPRICO®** is particularly high in polyunsaturated fatty acids, which are so essential to proper functioning of the nervous system. It also contains the minerals magnesium and zinc, which are also essential for optimum brain function.

## What function do the individual components in **ESPRICO®** have?

|  |  |
|--|--|
| <b>Omega-3 EPA (Eicosapentaenoic acid)</b> | Is needed for many metabolic processes and plays a role in the transmission of information from cell to cell                         |
| <b>Omega-3 DHA (Docosahexaenoic acid)</b>  | Has important metabolic functions and is part of the nerve cell membrane. It plays an important role in the development of the brain |
| <b>Omega-6 GLA (Gamma-linolenic acid)</b>  | Is involved in the synthesis of the brain and its functions such as learning, memory, concentration and attention                    |
| <b>Magnesium</b>                           | Regulates the transmission of stimuli in the brain   |
| <b>Zinc</b>                                | Is involved in the transmission of signals between nerves and is an important cofactor in the fatty acid metabolic process           |

## Nutrition facts **ESPRICO®**

| Nutrition facts                          | per portion<br>2 capsules | per 100 g          |
|--|---------------------------|--------------------|
| Energy                                   | 26 kJ (6 kcal)            | 1300 kJ (300 kcal) |
| Protein                                  | 0.2 g                     | 10 g               |
| Carbohydrates<br>of which sugars         | 0.4 g<br>-                | 20 g<br>-          |
| Fat<br>of which saturated<br>fatty acids | 0.5 g<br>0.14 g           | 25 g<br>7 g        |
| Eicosapentaenoic<br>acid (EPA)           | 200 mg                    | 10 g               |
| Docosahexaenoic<br>acid (DHA)            | 20 mg                     | 1 g                |
| Gamma-linolenic<br>acid (GLA)            | 2.7 mg                    | 0.135 g            |
| Fibre                                    | -                         | -                  |
| Sodium                                   | -                         | -                  |
| Magnesium                                | 40 mg (10,5%*)            | 2000 mg (535%*)    |
| Zinc                                     | 2.5 mg (25%*)             | 125 mg (1250%*)    |

\*Reference value in accordance with the EU Directive on the nutrition labelling of foodstuffs.

One **ESPRICO®** capsule contains 185 mg of xylitol, equiv. to 0.015 BU.

**ESPRICO®** is free from glutamates (flavour enhancers),

phthalates (emollients), gluten, lactose (milk sugar) and preservatives.

Ingredients (per 100 g): 33.5% sea fish oil with a high concentration of omega-3 (33.5 g), xylitol, humectant: glycerin, magnesium citrate (12.4 g), gelatine, modified starch, vegetable oil, medium-chain triglycerides (2.8 g), 2.3% evening primrose oil (2.3 g), orange flavouring, emulsifier: soya bean lecithins, zinc gluconate (0.9 g), acidifier: citric acid, colourings: iron oxide and titanium dioxide, sweetener: acesulfame K.

## **ESPRICO®** – supreme quality is a matter of course

- Pure and gently processed sea fish oil, obtained from fish from the south Pacific.
- Cold-pressed, pure vegetable evening primrose oil, the gamma-linolenic acid source.
- All oils are stringently tested for heavy metals and other harmful chemicals.

**Instructions for use:** Children aged 5 and above are to take 2 capsules daily, both in the morning and at night during or after meals. The capsules can either be chewed or swallowed whole with a small amount of fluid as preferred. The contents of the capsules can also be squeezed out onto a spoon or stirred into meals.

**Important information:** **ESPRICO®** must be used under medical supervision. **ESPRICO®** is a food for special medical purposes. **ESPRICO®** should not be taken in the event of allergy to any of its ingredients, e.g. fish or evening primrose.

May have a laxative effect if taken excessively.

A varied and balanced diet as well as a healthy lifestyle are important.

## **Storage instructions:**

As fatty acids are very sensitive to light and heat, the capsules should preferably always be kept in their box in a cool and dry place.

**ESPRICO®** is available in packs of 60 and 120 capsules.

You will find more information on the subject **AD(H)D, concentration and diet, as well as exercises for boosting concentration and attention and information for parents on our homepage [www.esprico.de](http://www.esprico.de).**

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