

# ABSTRACT

## Benefits of Essential Fatty Acid Supplementation on Language and Learning Skills in Children with Autism and Asperger's Syndrome

Patrick L, and Salik R. 2005 *Autism-Asperger's Digest* Jan/Feb:36-37.

Fish oil provides essential fatty acids which are critical for brain health. Children aged 3–10 years who had been professionally diagnosed with autism or Asperger's syndrome were each given one gram of Nordic Naturals ProEFA™ [Complete Omega-3.6.9™] per day for 90 days. On days 0, 45, and 90 of supplementation, 49 developmental items from the Assessment of Basic Language and Learning Skills (ABLLS), a criterion-referenced tool, were used to measure 8 primary areas of language and learning: receptive language, requesting, labeling, intraverbals, imitation, play skills, social interaction, and generalization. Eighteen (18) of the initial 22 children completed the 90-day trial.

All of the children displayed significant increases in their language and learning skills based upon the ABLLS. A t-test analysis of the data showed high statistical significance in all areas: receptive language, requesting, play skills, intraverbals and social interaction resulted in a p-value <0.0001. A p-value of <0.001 was obtained in the areas of labeling and generalization. In addition, a p-value of <0.01 was obtained for vocal imitation. No adverse effects were noted.

The highly significant results of this small, open-label pilot trial shows promise for children with autism spectrum disorder.

Autism Ausbergers Digest Magazine – January-February 2005 Issue  
<http://store.fhautism.com/p-206-january-february-2005.aspx>

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