



If you are concerned that a concussion injury has occurred, please seek medical attention immediately as head injuries can be life threatening.

There is no known cure for brain injury. In addition to traditional treatment under the direction of a competent healthcare provider, the **Omega-3 Athletes Protocol for Brain Injury** may be invaluable for the management and recovery following an injury to the brain. Omega-3s are essential to the development of the human brain. **Providing omega-3s after an injury may help provide the nutritional foundation for the brain to begin the healing process itself.**

STEP 1: Begin a high quality fish oil supplement—Not all fish oil is the same

- The omega-3 fish oil product should be a concentrated formulation that is molecularly distilled, pharmaceutical grade, and meets European Pharmacopeia standards
- For Capsules: Each 1,000mg soft gel capsule should contain approximately 600mg of EPA & DHA omega-3s combined.
Note: you will need approximately 180 high-quality capsules for first two weeks.
- For Liquid: 1 ½ teaspoons (7.5 ml) should contain approximately 3000mg (3gm) of EPA & DHA omega-3s combined.

****Keep product refrigerated after purchase****

We recommend **Nordic Naturals Ultimate Omega** (www.nordicnaturals.com). Nordic Naturals Ultimate Omega is available in liquid or capsules. Visit the Omega Sources link from our website and use promo code **BRAINHEALTH** in the shopping cart to receive a 10% discount. The proceeds will go to the Institute to further brain health research.

STEP 2: Begin taking your omega-3s as soon as possible following an injury as follows:

Week 1:

- Take 3gms of EPA/DHA three times a day for 7 days (Breakfast-Lunch-Dinner or before work or school; after work or school; and bedtime).

Ex.— With Ultimate Omega, 5 capsules or 1 ½ teaspoons will provide approximately 3g(3000mg) of EPA/DHA . If you are using a different brand, add up the EPA & DHA per serving and determine total servings needed to reach 3gm of EPA/DHA.

Week 2:

- Take 3gms of EPA/DHA two times a day for 7 days.

IMPORTANT NOTE: If symptoms are improving, but not yet back to normal or where you and your healthcare provider think you should be, strongly consider staying on these higher doses for a longer period of time until you achieve the results you believe you and your healthcare provider believe you should achieve.

STEP 3: Continue with a maintenance dose to maintain optimal brain health

Maintenance Dose: **Continue to take approximately 3gm EPA/DHA every day .**

This protocol has not been approved by the US Food and Drug Administration. The FDA has classified omega-3 fatty acids as “generally recognized as safe” (GRAS). In fact, The FDA has ruled that up to 3 g of EPA+DHA is safe to be included in the food supply of Americans without fear of adverse events. In addition, there are no known significant drug interactions with omega-3 fatty acids. When using higher amounts of EPA and DHA, it is important for persons considering doing this protocol to do so under the supervision of a healthcare provider.

Following the protocol does not constitute a doctor-patient relationship with any member of the Brain Health Education & Research Institute or the Institute itself. It does not imply, explicitly or implicitly our knowledge of condition or that any member of the Institute is treating any medical condition for you.