

Efamol Brain



Efalex Improves Social Responses and Attention in Children and Adolescents with Autism

Ooi et al. Eur J Clin Nutr 25 March 2015; doi:10.1038/ejen.2015.28

Objective: To determine the efficacy and safety of Efalex to reduce symptoms of autism and to determine the relationship between blood fatty acid status and treatment response.

Study Design:

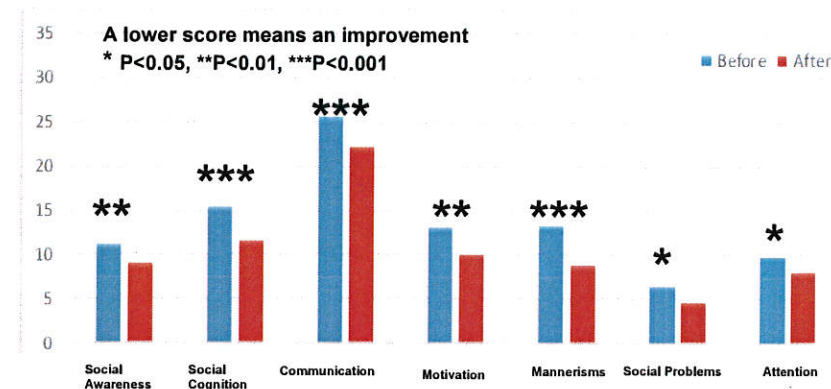
- Open label
- 41 children aged 7-18 years (36 boys and 5 girls) with Autism Spectrum Disorder (ASD) as diagnosed by a licensed child psychiatrist based on DSM-IV criteria
- 15 mL of Efalex Liquid twice daily providing a daily dose of 840 mg docosahexaenoic acid (DHA), 192 mg eicosahexaenoic acid (EPA), 66 mg arachidonic acid (AA), 144 mg gamma-linolenic acid (GLA), 60 mg vitamin E and 3 mg of thyme oil for 12 weeks
- No concurrent behavioural therapy during the study

Assessments:

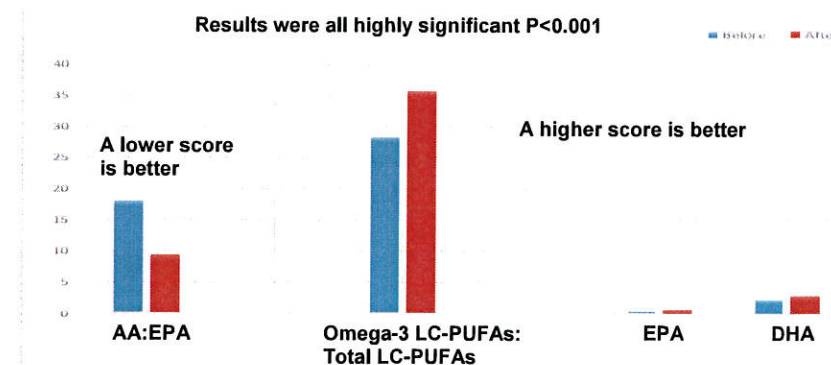
- **Social Responsiveness Scale—Parent (SRS-P)** - Assesses social awareness, cognition, communication, motivation, autistic mannerisms and added scores provide a total score.
- **Child Behaviour Checklist (CBCL)** - Measures anxious/depressed symptoms, withdrawn/depressed symptoms, somatic problems, social problems, thought problems, attention problems, rule-breaking behaviours, aggressive behaviours.
- **Blood Fatty Acid Composition**
Ratio of AA:EPA, Ratio of Omega-3 long chain polyunsaturated fatty acids (LC-PUFAs):Total LC-PUFAs, EPA and DHA
- The results obtained at the start and end of the study were compared.

Summary of Benefits Achieved

SRS-P and CBCL Scores Before and After Treatment



Blood Fatty Acid Status Before and After Treatment



- All 5 of the core symptoms of autism as assessed by the SRS-P significantly improved.
- Two of the 8 comorbid symptoms as assessed by the CBCL significantly improved and there was a trend towards improvement in 5 others.
- A higher ratio of omega-3 LC-PUFAs:Total LC-PUFAs and higher DHA following treatment was associated with decreased symptom severity.
- Those with the lowest baseline omega-3 LC-PUFA status achieved the greatest benefit

Conclusion: Efalex can safely and effectively reduce autism symptoms.

For more Information: Call +44 (0) 1372 379 828 or Visit www.efamol.com
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