

BEH PODCAST – EPISODE 13

DO WE NEED MORE SUPER DHA?

Participant: I was wondering about the DHA since you were talking about that tonight. Should my son just be taking one of those a day or should he be taking more?

Dr. Miller: Not more, he should take one dose of one of the Super DHA. One of those capsules has about 1,000 mg of fish oil and about 500 mg of DHA. For many people, kids or adults, one is enough. Now your son, remind me of his age again.

Participant: He's 24.

Dr. Miller: Alright, 24, so he's obviously an adult. Basically any child over the age of 6 is going to be taking an adult dose. But the dose we start people at is 1. The things that might make me suggest that you start taking two would be dry eyes, problems with irritation in the eyes or problems with night vision. Those things are where I would suggest increasing the dose from 1 to 2 to maybe even 3.

Participant: Well he has terrible night vision. His night vision for sure and then coming in from outside into the house in the daytime even if the house is dark.

Dr. Miller: Yeah, and the lutein is even more important for that, but those are some of the earlier things that will change. So those are changes that you want to be looking for, so you know the program is working for him.

Participant: I'm looking. (laughs)

Dr. Miller: Okay, thank you.