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

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.
- 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

Results were all highly significant P<0.001

- 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.

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