



Omega-3s & Heart Health

A Global Challenge

If there's one thing everyone in the world can agree on, it's that we need to do a better job of taking care of our hearts.

While genetics play a role in heart disease risk, there are factors that can be controlled. Following a healthy diet that includes EPA and DHA omega-3s is one way to support your heart.



Getting Enough EPA & DHA is Important

They contribute to:¹



Normal function of the heart



Maintenance of normal blood triglyceride levels



Maintenance of normal blood pressure



Globally, only 1 out of 10 people are getting enough EPA & DHA omega-3s.²



A Healthy Way Forward

To increase your omega-3 levels, eat fatty fish at least twice a week and consider taking a daily omega-3 supplement that provides a minimum of 500 mg EPA+DHA.



Learn more about omega-3s & heart health at

AlwaysOmega3s.com

References

1. EFSA Journal 2011;9(4):2078 [30 pp.].doi:10.2903/j.efsa.2011.2078
2. Schuchardt JP, et al. Omega-3 world map: 2024 update. *Prog Lipid Res.* 2024 Jul;95:101286. doi:10.1016/j.plipres.2024.101286.

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