

↓ EPA AND DHA OMEGA-3S MAY LOWER YOUR RISK OF CORONARY HEART DISEASE ↓



According to the Global Burden of Disease report:
1 in 7 coronary heart disease deaths in Western Europe are linked to low EPA+DHA intake.

Studies show that getting enough EPA and DHA omega-3s can benefit heart health. EPA and DHA can help maintain: →



Healthy triglyceride levels



Healthy blood pressure

A recent study published in **Mayo Clinic Proceedings** found that **EPA and DHA consumption may reduce the risk of CHD**, particularly in higher risk populations:



↓ **16%** in those with high triglycerides

↓ **14%** in those with high LDL cholesterol



Expert global scientific organizations recommend
250-500mg of EPA and DHA per day for adults

+++ There are **3 ways** to add more EPA and DHA to your diet: +++



Eat fatty fish, like salmon, tuna or sardines



Take an omega-3 supplement



Consume foods fortified with EPA and DHA

