

PROTECT YOUR HEALTH WITH OMEGA-3

Omega-3 EPA + DHA are an essential part of a healthy diet, yet most Americans do not consume enough to achieve necessary levels to help protect their heart. In fact, 95.7% of Americans are not consuming enough omega-3 EPA + DHA to reach cardioprotective levels.¹

Omega-3 supports overall well-being at every age, including heart, brain and eye health, and DHA supports a healthy pregnancy.

ARE YOU GETTING ENOUGH OMEGA-3 EPA + DHA?

1 Speak with your doctor about the right levels of omega-3 EPA + DHA for you

Primarily found in fish, a daily serving or supplement of at least **250-500 mg per day of omega-3 EPA + DHA** is recommended to support heart and overall health across your lifespan.^{2,3}



2 Find your preferred source of omega-3 EPA + DHA*

HIGH EPA + DHA (>850 mg/4 oz. serv.)	MEDIUM EPA + DHA (300-850 mg/4 oz. serv.)	LOW EPA + DHA (<300 mg/4 oz. serv.)
Salmon	Pollock	Shrimp
Anchovies, Herring and Shad	Squid	Tilapia
Mackerel (Atlantic and Pacific)	Crab	Cod
Tuna (Bluefin and Albacore)	Tuna (Light, Canned)	Catfish
Sardines (Atlantic and Pacific)		Scallops
Oysters (Pacific)		Haddock
Trout (Freshwater)		Fortified Milk
		Fortified Eggs

*Vegetarians may need to find alternative sources of omega-3 EPA + DHA. Look for supplements from plant-based algae or fortified foods that are listed as suitable for vegetarians.





3

Add a daily supplement as necessary. When choosing the right supplement, look for fish oil or omega-3 labeled products. Pay close attention to the Supplement Facts panel and note Serving Size and EPA + DHA amounts.

Serving Size 1 Softgel

Fish Oil Concentrate 1000 mg

Total Omega-3 Fatty Acids 700 mg

Omega-3 EPA (Eicosapentaenoic Acid) 460 mg

Omega-3 DHA (Docosahexaenoic Acid) 180 mg

Omega-3 Other 60 mg

Add these two numbers for omega-3 EPA + DHA content.
This example product delivers 640 mg EPA + DHA.

Did you know?

EPA + DHA are the “dynamic duo” of the healthy fat world. EPA + DHA work as a team to maintain good health at all stages of life.



References: 1. Murphy RA, Yu EA, Ciappio ED, Mehta S, McBurney MI. Suboptimal Plasma Long Chain n-3 Concentrations are Common among Adults in the United States, NHANES 2003-2004. *Nutrients*. 2015;7:10282-9. doi : 10.3390/nu/125534. 2. Kris-Etherton PM, Harris WS, Appel LJ. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation*. 2002;106:2747-57. 3. 2015-2020 Dietary Guidelines – health.gov. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/>.