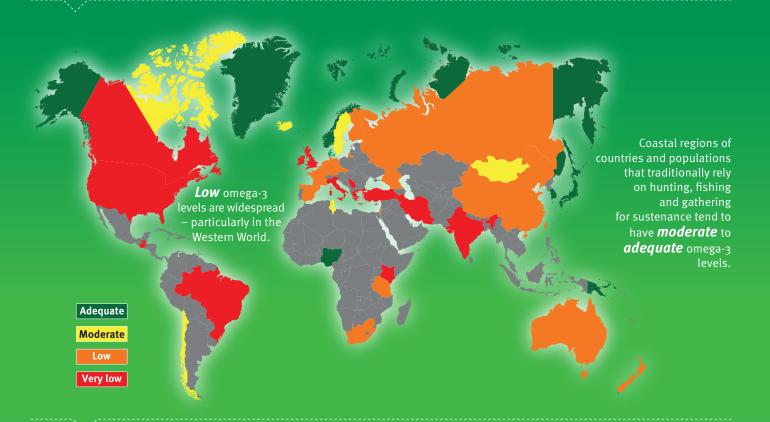
GLOBAL OMEGA-3 STATUS MAP SHOWS LOW LEVELS FOR MOST OF THE WORLD



BENEFITS OF OMEGA-3 FATTY ACIDS: CARDIOVASCULAR HEALTH

MAY REDUCE MORTALITY

in 'at risk' patients including a therapeutic role



REDUCES MANY RISK FACTORS OF HEART DISEASE INCLUDING:

- ✓ Blood pressure
- ✓ Vascular function
- **✓** Inflammation
- ✓ Platelet reactivity and thrombosis
- Plasma triglyceride concentrations
- ✓ Heart rate and heart rate variability

POTENTIAL IMPLICATIONS OF LOW OMEGA-3 INTAKE ON INDIVIDUAL **AND PUBLIC HEALTH**



condition related hospital event



Most cardiovascular conditions can be prevented by addressing behavioral risk factors, such as a healthy diet.

3 SIMPLE **WAYS TO IMPROVE** YOUR **OMEGA-3** LEVEL

Increase your level of omega-3 fatty acids through consumption of fatty fish, such as salmon

Foods **fortified** with omega-3 fatty acids are a convenient way to ensure an adequate level can be achieved

Omega-3 supplements may complement, and are a safe and inexpensive link to a healthier life

Choose life's OMEGA™ / MEG-3®

Contact DSM



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HEALTH · NUTRITION · MATERIALS

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