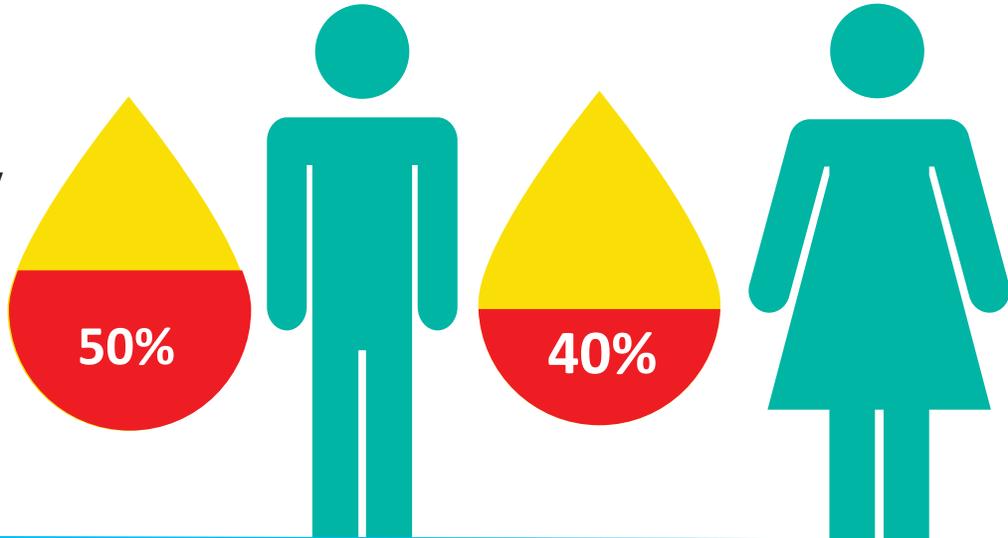


# YOU NEED MORE OMEGA-3S

*EPA & DHA are the most important omega-3s in your diet*

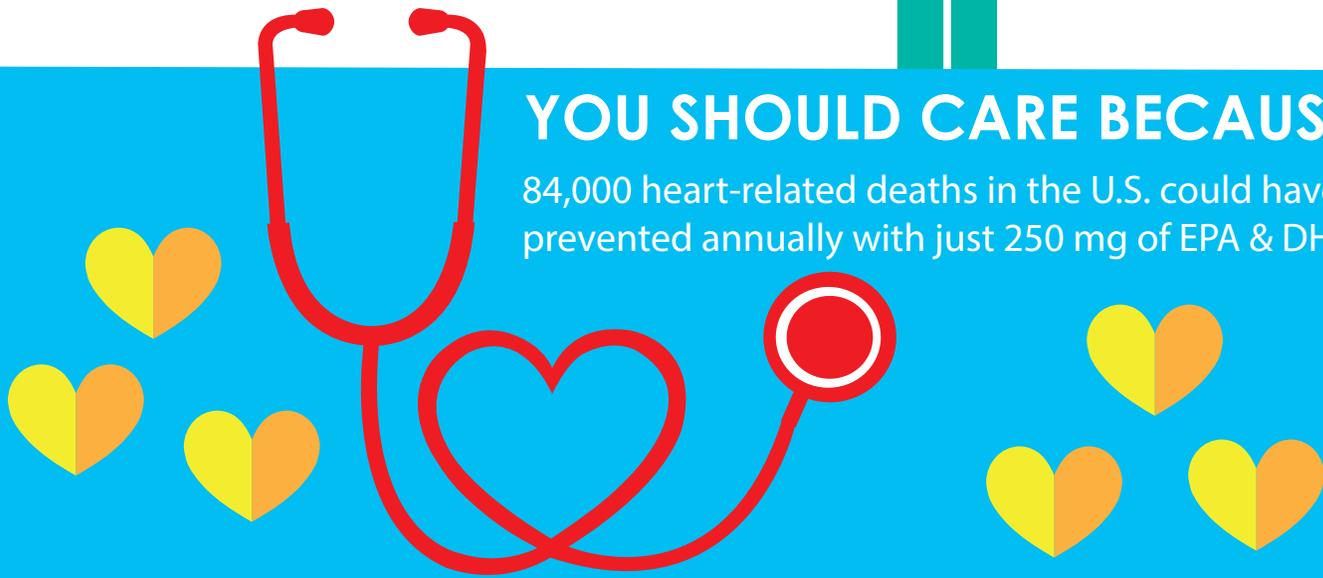
## YOU SHOULD KNOW...

In the United States, men only get 50% and women only get 40% of the omega-3s they need daily.



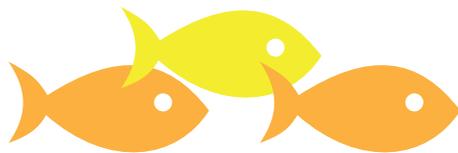
## YOU SHOULD CARE BECAUSE...

84,000 heart-related deaths in the U.S. could have been prevented annually with just 250 mg of EPA & DHA daily.



## HOW THEY HELP YOUR HEART

EPA & DHA omega-3s have been shown to support normal triglycerides and blood pressure, and they may also reduce the risk of cardiovascular disease.



There are more than 27,000 published studies on omega-3s, making them some of the most studied nutrients in the world.

*EPA & DHA are the most important omega-3s in your diet - and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.*

References: Fulgoni et al, Nutrition Journal, 2014; Mozaffarian et al, PLoS Med, 2011; Am J Hypertens, 2014; EFSA Journal, 2009; FDA Response to Martek Health Claim Petition, 2003; PubMed, 2014.