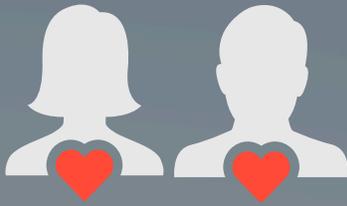


Based on the current body of scientific evidence, GOED has established the following intake recommendations:



500 MG

For the general healthy adult population, in order to lower the risk of coronary heart disease (CHD)¹



700-1000 MG

For pregnant and lactating women, optimal intake is 700 mg/day of EPA+DHA, of which at least 300 mg should be DHA.²

For secondary prevention of CHD: 1000 mg/day EPA + DHA³



> 1 G

Higher intakes are supported for a range of additional health conditions (e.g. blood pressure⁴, triglycerides⁵)



IMPORTANT REMINDERS REGARDING INTAKE

Some governments recommend higher intakes than those listed above.⁶

Intakes can be increased significantly without concern for adverse health effects, according to reports from Spherix⁷, EFSA⁸, and Norway's VKM⁹.

EPA and DHA omega-3s are only part of the composition of omega-3 rich oils (e.g. fish, krill, algal, etc). If you are shopping for an omega-3 supplement, look at the EPA+DHA content.

Omega-3 Fatty Acids	300 mg
EPA (eicosapentaenoic acid)	180 mg
DHA (docosahexaenoic acid)	120 mg

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