



GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3

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## **GOED Publishes EPA and DHA Intake Recommendations**

GOED, the Global Organization of EPA and DHA Omega-3s — exhibiting here at pavilion I152 — recently published an infographic detailing its recommendations for daily intake of EPA and DHA omega-3 fatty acids.

The recommendations are a result of several years of discussion, and come after careful review and consideration of other international standards to assure scientific validation.

GOED's recommendations are:

- 500 mg for healthy adults (to lower the risk of coronary heart disease)
- 700-1000 mg for pregnant/lactating women and for secondary prevention of CHD
- > 1 g for additional health conditions such as high blood pressure or triglycerides.

# GOED EPA+DHA DAILY INTAKE RECOMMENDATIONS

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)<sup>1</sup>



## 700-1000 MG

For pregnancy / lactation: 200 additional mg/day of DHA over recommendation for healthy adults<sup>2</sup>

For secondary prevention of CHD: 1000 mg/day EPA + DHA<sup>3</sup>



## > 1 G

Higher intakes are supported for a range of additional health conditions (e.g. blood pressure<sup>4</sup>, triglycerides<sup>5</sup>)



### IMPORTANT REMINDERS REGARDING INTAKE

Some governments recommend higher intakes than those listed above<sup>6</sup>

Intakes can be increased significantly without concern for adverse health effects, according to reports from Spherix<sup>7</sup>, EFSA<sup>8</sup>, and Norway's VKM<sup>9</sup>.

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.

#### References:

- 1 International Society for the Study of Fatty Acids and Lipids (ISSFAL). Report of the sub-committee on recommendations for intake of polyunsaturated fatty acids in healthy adults [Internet]. Washington, DC: 2004. Available from: <http://www.issfal.org/news-links/resources/publications/PLPIntakeRecommofinalReport.pdf>
- 2 Kishiho B, Cerini H, Hrenni JF for the Perinatal Lipid Intake Working Group (2007). Dietary fat intakes for pregnant and lactating women. Br J Nutr. 88:873-877
- 3 Kris-Etherton PM, Harris WS and Appel LJ for the American Heart Association Nutrition Committee (2002). Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease [published correction appears in Circulation 2003;105:259]. Circulation 106:2747-2757.
- 4 Miller PE, Van Stewig M and Alexander DD (2014). Long-chain omega-3 fatty acids, eicosapentaenoic acid and docosahexaenoic acid and blood pressure: a meta-analysis of randomized controlled trials. Am J Hypertens. 27:885-896. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4054797/pdf/hpu024.pdf>.
- 5 Eskin GD, Howe PR, Smith C, Priest R and Benousouan A (2009). Benefits of fish oil supplementation in hyperlipidemia: a systematic review and meta-analysis. Int J Cardiol. 136:4-16.
- 6 Global Organization for EPA and DHA Omega-3s. Global recommendations for EPA and DHA intake [Internet]. Salt Lake City: 2014. Available from: <http://goedomega3.com/files/download/763>
- 7 Spherix Consulting, Inc. Hazard characterization of the long-chain polyunsaturated n-3 fatty acids, DHA, EPA, and DPA [Internet]. Available from: <http://goedomega3.com/files/download/247>. Prepared for the Global Organization for EPA and DHA Omega-3s.
- 8 EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific opinion on the tolerable upper intake level of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and docosapentaenoic acid (DPA). EFSA Journal [Internet]. 10(7):2815. Available from: [http://www.efsa.europa.eu/sites/default/files/scientific\\_output/files/main\\_document/2815.pdf](http://www.efsa.europa.eu/sites/default/files/scientific_output/files/main_document/2815.pdf)
- 9 Norwegian Scientific Committee for Food Safety (VKM). Evaluation of negative and positive health effects of n-3 fatty acids as constituents of food supplements and fortified foods [Internet]. Available from: <http://www.kim.no/docs/C244a2b79.pdf>

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Visit us to learn more at the Vitafoods Omega-3 Resource Centre.

<http://www.vitafoods.eu.com/omega-3-resource-centre>

The pavilion, located at I152, includes “Ask the Expert” sessions on a variety of omega-3 topics as well as iPad presentations with additional industry information.

**About GOED:** GOED, the Global Organization for EPA and DHA Omega-3s, is a trade association representing 200 companies worldwide active in the EPA and DHA omega-3 industry. GOED's membership includes all segments of the omega-3 supply chain from fishing and seafood companies, to refiners, supplement manufacturers, food and beverage marketers and pharmaceutical companies. GOED's members agree to adhere to product quality and ethical standards that are as strict or more strict than any set of regulations in the world. GOED focuses specifically on addressing the insufficient

*consumption of EPA and DHA in the human diet by promoting global consumption of EPA and DHA and protecting the consumer by making sure our members produce quality products.*