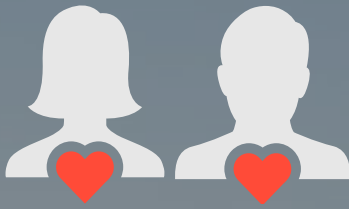


Based on the current body of scientific evidence, GOED has established the following intake recommendations:



## 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.

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

References:

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- 2 Koletzko B Cetin I Brenna JT for the Perinatal Lipid Intake Working Group (2007). Dietary fat intakes for pregnant and lactating women. Br J Nutr. 98:873-877.
- 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;107:512]. Circulation 106:2747-2757.
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- 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/363>
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