

Nine Reasons Why You Need EPA+DHA Omega-3s



EPA and DHA omega-3s are vital nutrients found in every cell of the body. The European Food Safety Authority (EFSA) recognizes the importance of EPA and DHA to support a variety of health benefits. Getting a health claim approved in the European Union (EU) is a rigorous process, but the science behind EPA and DHA omega-3s is so convincing that in the EU there are not one, but **nine approved health claims**.



1. DHA maternal intake contributes to the **normal development of the eye of the foetus and breastfed infants**.¹

2. DHA maternal intake contributes to the **normal brain development of the foetus and breastfed infants**.¹

3. DHA intake contributes to the **normal visual development of infants up to 12 months of age**.²

4. EPA and DHA contribute to the **normal function of the heart**.³

5/6. DHA and EPA⁴ (and DHA alone)⁵ contribute to the maintenance of **normal blood triglyceride levels**.

7. DHA and EPA contribute to the maintenance of **normal blood pressure**.⁶

8. DHA contributes to the maintenance of **normal brain function**.⁷

9. DHA contributes to the maintenance of **normal vision**.⁷

You can get EPA and DHA from eating fatty fish such as salmon, mackerel, herring and sardines, and by taking fish oil, krill oil or algal oil supplements.

To learn more about the health benefits of EPA and DHA omega-3s, visit **[AlwaysOmega3s.com](https://www.alwaysomega3s.com)**.

1. Beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e. 250 mg DHA and EPA.

2. Beneficial effect is obtained with a daily intake of 100 mg of DHA.

3. Beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

4. Beneficial effect is obtained with a daily intake of 2 g of EPA and DHA.

5. Beneficial effect is obtained with a daily intake of 2 g of DHA.

6. Beneficial effect is obtained with a daily intake of 3 g of EPA and DHA.

7. Beneficial effect is obtained with a daily intake of 250 mg of DHA.