



GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3S

7 January 2020

RE: Authorised Non-Organic Agricultural Ingredients to be Used for the Production of Processed Organic Food Referred to in Article 24(2)(b)

Dear European Commission:

GOED<sup>1</sup> represents the worldwide industry for eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are long-chain omega-3 fatty acids with a wide range of documented health benefits<sup>2</sup> and found in algal, fish and krill oils. Our membership of 170+ companies is built on a quality standard unparalleled in the market and our mission is to increase consumption of EPA and DHA.

GOED writes to express support for the inclusion in the *Annex of Authorised Non-Organic Agricultural Ingredients to be Used for the Production of Processed Organic Food Referred to in Article 24(2)(b)* of omega-3 rich oils, including fish oils and other EPA/DHA-rich oils (e.g. DHA algal oil, krill oil) from the Union list of novel foods. Since organically produced EPA/DHA-rich oils do not currently exist, consumers seeking the health benefits associated with EPA/DHA and who prefer organic products should have access to products made with non-organically produced EPA/DHA-rich oils.

GOED understands that an organic equivalence arrangement was signed in 2012 between the EU and the United States. As a result, certified organic products can move freely between the United States and EU borders provided they meet the terms of the arrangement. While GOED acknowledges that each program determines the list of non-organic ingredients that can be added to products labeled as organic, it's worth noting that in the United States, fish oil and DHA algal oil, both of which are not organic, can be added to products labeled as organic. Theoretically, under the equivalence arrangement, a certified organic product that includes fish or DHA algal oil in the United States can be sold in the EU. For this reason, it only makes sense that these non-organic ingredients be permitted for use in products to be certified as organic in the EU.

In 2010, the average daily global seafood omega-3 (EPA+DHA) intake was 163 mg<sup>3</sup>, which is below the daily minimum of 250 mg recommended by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO).<sup>4</sup> Such low intakes contribute to death and disability adjusted life years (DALYs), with cardiovascular disease

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<sup>1</sup> <https://goedomega3.com/>

<sup>2</sup> <https://alwayssomega3s.com/>, <https://www.fatsoflife.com/>

<sup>3</sup> Micha R, Khatibzadeh S, Shi P, et al. (2014). Global, regional, and national consumption levels of dietary fats and oils in 1990 and 2010: a systematic analysis including 266 country-specific nutrition surveys. *BMJ*. 348:g2272. <https://www.ncbi.nlm.nih.gov/pubmed/24736206>

<sup>4</sup> Food and Agriculture Organization of the United Nations (2010). *Fats and fatty acids in human nutrition: Report of an expert consultation*. FAO Food and Nutrition Paper 91. Rome. <http://www.fao.org/docrep/013/i1953e/i1953e00.pdf>



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(CVD) as the leading cause of global diet-related deaths (10 million) and DALYs (207 million).<sup>5</sup> With respect to CVD, diets low in seafood omega-3s (EPA+DHA) accounted for 1,444,907 deaths and 32,373,396 DALYs. Data was not found specific to the European Union, but within the WHO European Region, deaths from CVD due to diets low in seafood omega-3 intake were found to be just over 227,000.<sup>6</sup>

While EPA and DHA are not technically classified as essential because they can be made from the shorter chain omega-3 fatty acid alpha-linolenic acid (ALA), the conversion of ALA to EPA and DHA is so inefficient that preformed EPA and DHA must be ingested to obtain the daily minimum 250 mg of EPA+DHA.

Taking away consumers' access to organic foods with EPA/DHA will only contribute further to what has become a serious public health issue. The importance of EPA and DHA is recognized globally, as demonstrated by the long list of global recommended intakes found following the main text of the letter, including a dietary reference value (DRV) of 250 mg/day from the European Food Safety Authority.<sup>7</sup>

Additional EU support of EPA and DHA is evident in a number of DHA and EPA/DHA health claims referred to in Articles 13(3) and 14(1) of Regulation (EC) No 1924/2006.

### Article 13(3) Health Claims

- DHA contributes to the maintenance of normal brain function  
<https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX:32012R0432>
- DHA contributes to the maintenance of normal vision  
<https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX:32012R0432>
- EPA and DHA contribute to the normal function of the heart  
<https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX:32012R0432>
- DHA contributes to the maintenance of normal blood triglyceride levels  
<https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2013:160:0004:0008:EN:PDF>
- DHA and EPA contribute to the maintenance of normal blood pressure  
<https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2013:160:0004:0008:EN:PDF>
- DHA and EPA contribute to the maintenance of normal blood triglyceride levels  
<https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2013:160:0004:0008:EN:PDF>

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<sup>5</sup> GBD 2017 Diet Collaborators (2019). Health effects of dietary risks in 195 countries, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet*. 393(10184):1958-1972.  
<https://www.ncbi.nlm.nih.gov/pubmed/30954305>

<sup>6</sup> Meier T, Gräfe K, Senn F, et al. (2019). Cardiovascular mortality attributable to dietary risk factors in 51 countries in the WHO European Region from 1990 to 2016: a systematic analysis of the Global Burden of Disease Study. *Eur J Epidemiol*. 34:37-55. <https://www.ncbi.nlm.nih.gov/pubmed/30547256>

<sup>7</sup> EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary Reference Values for fats, including saturated fatty acids, polyunsaturated fatty acids, monounsaturated fatty acids, trans fatty acids, and cholesterol. *EFSA Journal* 2010; 8(3):1461.  
<https://efsa.onlinelibrary.wiley.com/doi/epdf/10.2903/j.efsa.2010.1461>



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#### Article 14(1) Health Claims

- Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants  
<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32011R0440&from=EN>
- Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age  
<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32011R0440&from=EN>
- Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.  
<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32011R0440&from=EN>

In addition to the health claims, Commission Delegated Regulation (EU) 2016/127<sup>8</sup> provides for the mandatory addition of DHA to infant formula and follow-on formula from 22 February 2020 and provides further evidence of the importance of DHA in the EU.

To conclude, given the deaths and DALYs associated with low seafood omega-3 (EPA+DHA) intake, in addition to the health benefits associated with EPA/DHA, consumers should be able to obtain these important fatty acids in a wide range of foods, including those classified as organic. Thank you for considering the above comments. Should you have any questions, please do not hesitate to contact me via email at [harry@goedomega3.com](mailto:harry@goedomega3.com) or telephone at +1 612-600-6499.

Sincerely,

A handwritten signature in blue ink, appearing to read "Harry B. Rice".

Harry B. Rice, PhD  
Vice-President, Regulatory & Scientific Affairs

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<sup>8</sup> <https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32016R0127&from=EN>



Global Recommendations for EPA and DHA Intake (Rev 17 Dec 2019)

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
Global	World Health Organization (WHO)/Food and Agriculture Organization of the United Nations (FAO) <sup>1</sup>	Authoritative Body	General adult population	<ul style="list-style-type: none"> <li>n-3 PUFAs: 1-2% of energy/day</li> </ul>	2003
	Food and Agriculture Organization of the United Nations (FAO) <sup>2</sup>	Authoritative Body	0-6 months	<ul style="list-style-type: none"> <li>DHA: 0.1-0.18%E</li> </ul>	2008
			6-24 months	<ul style="list-style-type: none"> <li>DHA: 10-12 mg/kg bw</li> </ul>	
			2-4 years	<ul style="list-style-type: none"> <li>EPA + DHA: 100-150 mg</li> </ul>	
			4-6 years	<ul style="list-style-type: none"> <li>EPA + DHA: 150-200 mg</li> </ul>	
			6-10 years	<ul style="list-style-type: none"> <li>EPA + DHA: 200-250 mg</li> </ul>	
			Adults as part of healthy diet	<ul style="list-style-type: none"> <li>0.250-2.0 g</li> </ul>	
	International Society for the Study of Fatty Acids and Lipids (ISSFAL)	Expert Scientific Organization	General adult population for cardiovascular health <sup>3</sup>	<ul style="list-style-type: none"> <li>at least 500 mg/day of EPA+DHA</li> </ul>	2004
			Pregnant/Lactating Women <sup>4</sup>	<ul style="list-style-type: none"> <li>DHA: 200 mg/day</li> </ul>	2007
	NATO Workshop on $\omega$ -3 and $\omega$ -6 Fatty Acids <sup>5</sup>	Workshop	General Adult Population	<ul style="list-style-type: none"> <li>300-400 mg EPA+DHA/day</li> </ul>	1989
World Association of Perinatal Medicine <sup>6</sup>	Working Group	Pregnant and Lactating Women	<ul style="list-style-type: none"> <li>200 mg DHA/ day</li> </ul>	2008	
		Infants, when breastfeeding is not possible	<ul style="list-style-type: none"> <li>0.2-0.5% wt total fat</li> </ul>		
World Gastroenterology Organisation <sup>7</sup>	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> <li>3-5 servings/wk of fish</li> </ul>	2008	

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	International Society for Nutritional Psychiatry Research <sup>45</sup>	Expert Scientific Organization	Individuals with major depressive disorder (MDD)	1–2 g/day of total EPA from pure EPA or 1–2 g/day EPA from an EPA/DHA (>2:1) combination	2019
Australia	National Heart Foundation of Australia <sup>8</sup>	Expert Scientific Organization	Primary prevention of coronary heart disease	2–3 servings of fish (including oily fish) per week which provides about 250–500 milligrams of marine-sourced omega-3s, EPA and DHA, per day	2015
			People with existing heart disease	2–3 servings of fish and seafood as part of a heart-healthy diet	
	Australian & New Zealand Health Authorities (Department of Health & Ageing, National Health & Medical Research Council) <sup>9</sup>	Authoritative Bodies	Infants (0-12 mo)	▪ 0.5 g n-3 polyunsaturated fats/day adequate intake	2006
			Boys & Girls (1-3 yrs)	▪ 40 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake	
			Boys & Girls (4-8 yrs)	▪ 55 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake	
			Boys & Girls (9-13 yrs)	▪ 70 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake	
			Boys (14-18 yrs)	▪ 125 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake	
			Girls (14-18 yrs)	▪ 85 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake	
			Men (19+ yrs)	▪ 160 mg total LC n-3 (DHA+EPA+DPA) per day adequate intake	

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
			Women (19+ yrs)	<ul style="list-style-type: none"> <li>90 mg total LC n-3 (DHA+EPA+DPA) / day adequate intake</li> </ul>	
			Pregnancy (14 -18 yrs)	<ul style="list-style-type: none"> <li>110 mg total LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
			Pregnancy (19-50 yrs)	<ul style="list-style-type: none"> <li>115 mg total LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
			Lactating (14-18 yrs)	<ul style="list-style-type: none"> <li>140 mg LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
			Lactating (19-50 yrs)	<ul style="list-style-type: none"> <li>145 mg LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
			Men-Suggested dietary target to reduce chronic disease risk	<ul style="list-style-type: none"> <li>610mg LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
			Women-Suggested dietary target to reduce chronic disease risk	<ul style="list-style-type: none"> <li>430mg LC n-3 (DHA+EPA+DPA) / day</li> </ul>	
	Defence Science and Technology Organisation, Australian Government Department of Defence <sup>10</sup>	Authoritative Body	Male soldiers	<ul style="list-style-type: none"> <li>610mg EPA+DPA+DHA/ day</li> </ul>	2009
			Female soldiers	<ul style="list-style-type: none"> <li>430mg EPA+DPA+DHA / day</li> </ul>	
	Australasian Society of Clinical Immunology and Allergy Limited (ASCIA) <sup>72</sup>	Expert Scientific Organization	Pregnant and lactating women	<ul style="list-style-type: none"> <li>Up to 3 serves of oily fish per week may be beneficial, as there is some evidence that omega-3 fatty acids (found in oily fish) during pregnancy and breastfeeding may help prevent eczema in early life.</li> </ul>	2016
Europe	Expert Workshop of the European Academy of Nutritional Sciences <sup>11</sup>	Expert Scientific	General Adult Population	<ul style="list-style-type: none"> <li>People who do not eat fish should consider</li> </ul>	1998

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
		Organization		obtaining 200 mg EPA + DHA from other sources	
	European Food Safety Authority <sup>12</sup>	Authoritative Body	General Adult Population	<ul style="list-style-type: none"> <li>▪ 250mg EPA+DHA /day</li> </ul>	2010
Pregnant & Lactating Women			<ul style="list-style-type: none"> <li>▪ 100-200 mg DHA / day in addition to general adult requirements</li> </ul>		
Children 7-24 months			<ul style="list-style-type: none"> <li>▪ 100 mg DHA / day</li> </ul>		
Children 2-18 years			<ul style="list-style-type: none"> <li>▪ 250mg EPA+DHA /day</li> </ul>		
	The PeriLip and EARNEST projects of the European Commission <sup>4</sup>	Expert Scientific Organization	Pregnant & Lactating Women	<ul style="list-style-type: none"> <li>▪ 200mg DHA/day</li> </ul>	2007
	The Sixth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of 10 societies and by invited experts) <sup>13</sup>	Expert Scientific Organization	General Adult Population for Cardiovascular Disease Risk Reduction	<ul style="list-style-type: none"> <li>▪ Eat fish 1-2 times per week, one of which to be oily fish.</li> </ul>	2016
	Task Force on the Management of ST-Segment Elevation Acute Myocardial Infarction of the European Society of Cardiology <sup>14</sup>	Expert Scientific Organization		<ul style="list-style-type: none"> <li>• Increase consumption of omega-3 fatty acid (oily fish)</li> <li>• Supplementation with 1 g of fish oil in patients with a low intake of oily fish <ul style="list-style-type: none"> <li>▪ omega-3 supplements should be considered in patients who do not tolerate statins, especially if TG &gt;150 mg/dL (1.7 mmol/L)</li> </ul> </li> </ul>	2008
	Task Force for the management of Dyslipidaemias of the European	Expert Scientific	In high-risk (or above) patients with TG levels	<ul style="list-style-type: none"> <li>▪ n-3 PUFAs (icosapent ethyl 2x2 g/day) should</li> </ul>	2019

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	Society of Cardiology (ESC) and the European Atherosclerosis Society (EAS) <sup>15</sup>	Organization	between 1.5-5.6 mmol/L (135-499 mg/dL) despite statin treatment,	be considered in combination with a statin	
	The Task Force for the Diagnosis and Treatment of Acute and Chronic Heart Failure 2012 of the European Society of Cardiology. Developed in collaboration with the Heart Failure Association (HFA) of the ESC <sup>64</sup>	Expert Scientific Organization	patients with symptomatic (NYHA class II–IV) systolic heart failure	An n-3 PUFA preparation may be considered to reduce the risk of death and the risk of cardiovascular hospitalization in patients treated with an ACE inhibitor (or ARB), beta-blocker, and an MRA (or ARB)	2012
	The European Society for Clinical Nutrition and Metabolism (ESPEN) <sup>73</sup>	Expert Scientific Organization	surgical and non-surgical ICU patients	<ul style="list-style-type: none"> <li>supports the use of fish oil in nutrition support in surgical and non-surgical ICU patients</li> </ul>	2014
France	AFFSA <sup>16</sup>	Authoritative Body	General Adult Population	<ul style="list-style-type: none"> <li>500 mg EPA + DHA / day</li> <li>250 mg EPA / day</li> <li>250 mg DHA / day</li> </ul>	2010
			Metabolic Syndrome-Diabetes-Obesity Risk Reduction	<ul style="list-style-type: none"> <li>500 mg EPA + DHA / day</li> </ul>	
			Cardiovascular Risk Reduction	<ul style="list-style-type: none"> <li>500-750 mg EPA + DHA / day</li> </ul>	
			Breast & Colon Cancer Risk Reduction	<ul style="list-style-type: none"> <li>500 mg EPA + DHA / day</li> </ul>	
			Neuropsychiatric Risk Reduction	<ul style="list-style-type: none"> <li>&gt;200-300 mg EPA + DHA / day</li> </ul>	
			Age-Related Macular Degeneration Risk Reduction	<ul style="list-style-type: none"> <li>500 mg EPA + DHA / day</li> </ul>	
			Infants (0-6 months)	<ul style="list-style-type: none"> <li>0.32% of fats from DHA</li> <li>EPA &lt; DHA</li> </ul>	
			Infants & Toddlers (6 months to 3 years)	<ul style="list-style-type: none"> <li>70mg DHA /day</li> </ul>	

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
			Children (3-9 years)	<ul style="list-style-type: none"> <li>125mg DHA /day</li> <li>250mg EPA+DHA /day</li> </ul>	
			Adolescents (9 to 18 years)	<ul style="list-style-type: none"> <li>250mg DHA /day</li> <li>250mg EPA+DHA /day</li> </ul>	
			Pregnant & Lactating Women	<ul style="list-style-type: none"> <li>250mg DHA /day</li> <li>250mg EPA+DHA day</li> </ul>	
	ANSES <sup>77</sup>	Authoritative Body	Adult men and women	<ul style="list-style-type: none"> <li>250 mg/day DHA</li> <li>250 mg/day EPA</li> </ul>	2016
Austria	Austrian Society for Nutrition (as part of joint effort with Germany and Switzerland) <sup>17</sup>	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> <li>250mg LCPUFA / day for primary prevention of CVD</li> </ul>	2008
			General adult population	<ul style="list-style-type: none"> <li>0.5% of energy total n-3 PUFA intake</li> </ul>	
			CHD Patients	<ul style="list-style-type: none"> <li>1g LCPUFA / day for secondary prevention of CVD</li> </ul>	
			Pregnant & nursing women	<ul style="list-style-type: none"> <li>At least 200mg DHA / day</li> </ul>	
Germany	German Society for Nutrition <sup>69</sup>	Expert Scientific Organization	Vegan adult population	<ul style="list-style-type: none"> <li>No specific recommendation, but classified EPA and DHA as "potentially critical nutrients" for strict vegans. Critical nutrients should be added – either in dietary supplements or fortified foods to achieve recommended 250 mg/day EPA+DHA.</li> </ul>	2016
	German Society for Nutrition <sup>67</sup>	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> <li>250 mg/day EPA+DHA for primary prevention of CHD</li> </ul>	2015
	German Society for Nutrition (as	Expert	General adult population	<ul style="list-style-type: none"> <li>250mg LCPUFA / day for</li> </ul>	2008

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	part of joint effort with Austria and Switzerland) <sup>17</sup>	Scientific Organization		primary prevention of CVD	
			General adult population	<ul style="list-style-type: none"> <li>0.5% of energy total n-3 PUFA intake</li> </ul>	
			CHD Patients	<ul style="list-style-type: none"> <li>1g LCPUFA / day for secondary prevention of CVD</li> </ul>	
			Pregnant & nursing women	<ul style="list-style-type: none"> <li>At least 200mg DHA / day</li> </ul>	
	Healthy Start - Young Family Network <sup>25</sup>	Expert Scientific Organization	Pregnant women	<ul style="list-style-type: none"> <li>Pregnant women who do not consume oily sea fish regularly are recommended to take DHA supplements to achieve average of 200 mg DHA daily.</li> </ul>	2018
Italy	Multiple (see publication) <sup>70</sup>	Multiple	Pregnant Women	<ul style="list-style-type: none"> <li>An adequate intake of DHA, essential for the growth and development of brain and retina, is of utmost importance</li> </ul>	2016
	Italian Society of Human Nutrition <sup>71</sup>	Expert Scientific Organization	Children 2 years and older	<ul style="list-style-type: none"> <li>at least 250 mg/day in the form of EPA+DHA</li> </ul>	2014
			Children less than 2 years old	<ul style="list-style-type: none"> <li>for neurological and cognitive development, 100 mg/day of DHA, in addition to 250 mg/day of EPA+DHA</li> </ul>	
	Ministry of Health, Department of Prevention and Communication General, General Administration of Veterinary Health and Food <sup>76</sup>	Authoritative Body	elderly	<ul style="list-style-type: none"> <li>In the absence of eating fish at least 3X/week, obtain omega-3s through supplementation</li> </ul>	unknown

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
Switzerland	Swiss Society for Nutrition Research / Swiss Nutrition Association (as part of joint effort with Austria and Germany) <sup>17</sup>	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> <li>250mg LCPUFA / day for primary prevention of CVD</li> </ul>	2008
			General adult population	<ul style="list-style-type: none"> <li>0.5% of energy total n-3 PUFA intake</li> </ul>	
			CHD Patients	<ul style="list-style-type: none"> <li>1g LCPUFA / day for secondary prevention of CVD</li> </ul>	
			Pregnant & nursing women	<ul style="list-style-type: none"> <li>At least 200mg DHA / day</li> </ul>	
Poland	Polish Gynecological Society <sup>60</sup>	Scientific Organization	Pregnant Women	<ul style="list-style-type: none"> <li>pregnant women at low risk of preterm birth should take at least 600 mg/day DHA</li> <li>pregnant women at high risk of preterm birth should take at least 1000 mg/day DHA</li> </ul>	2014
Belgium	Superior Health Council of Belgium <sup>18</sup>	Authoritative Body	7-12 months	<ul style="list-style-type: none"> <li>100 mg/day DHA</li> </ul>	2016
			1-3 years	<ul style="list-style-type: none"> <li>100 mg/day DHA</li> </ul>	
			>3 years	<ul style="list-style-type: none"> <li>250-500 mg/day EPA+DHA</li> </ul>	
			Adults	<ul style="list-style-type: none"> <li>250-500 mg/day EPA+DHA</li> </ul>	
Netherlands	Health Council of the Netherlands	Authoritative Body	0-5 months <sup>19</sup>	<ul style="list-style-type: none"> <li>DHA: 20 mg/kg/day</li> </ul>	2001
			6-11 months <sup>19</sup>	<ul style="list-style-type: none"> <li>N-3 fatty acids from fish: 15-20 mg/kg/day</li> </ul>	
			1-18 years old <sup>19</sup>	<ul style="list-style-type: none"> <li>N-3 fatty acids from fish: 15-20 mg/kg/day</li> </ul>	
			19 years + <sup>19</sup>	<ul style="list-style-type: none"> <li>N-3 fatty acids from fish: 20 mg/kg/day</li> </ul>	
			Pregnant women <sup>19</sup>	<ul style="list-style-type: none"> <li>N-3 fatty acids from fish: 20 mg/kg/day</li> </ul>	

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
			Lactating women <sup>19</sup>	<ul style="list-style-type: none"> <li>▪ N-3 fatty acids from fish: 20 mg/kg/day</li> </ul>	
			Adults <sup>20</sup>	<ul style="list-style-type: none"> <li>• Eat one serving of fish weekly, preferably oily fish</li> </ul>	2015
Scandinavia	Nordic Council of Ministers <sup>21</sup>	Authoritative Body	6-11 months	<ul style="list-style-type: none"> <li>▪ n-3 fatty acids should contribute at least 1 E%</li> </ul>	2013
			12-23 months	<ul style="list-style-type: none"> <li>▪ n-3 fatty acids should contribute at least 0.5 E%</li> </ul>	
			Adults and children from 2 yrs of age	<ul style="list-style-type: none"> <li>▪ n-3 fatty acids should contribute at least 1.0 E%</li> </ul>	
			Pregnant & Lactating Women	<ul style="list-style-type: none"> <li>▪ 1 E% from n-3 fatty acids of which 200 mg/d should be DHA</li> </ul>	
Turkey	Dietary Guidelines for Turkey <sup>78</sup>	Authoritative Body	Males and females 2+ years	<ul style="list-style-type: none"> <li>▪ 250 mg/day EPA+DHA</li> </ul>	2016
			Pregnant and lactating women	<ul style="list-style-type: none"> <li>▪ 250 mg/day EPA+DHA plus 100-200 mg DHA</li> </ul>	
United Kingdom	British Nutrition Foundation <sup>22</sup>	Expert Scientific Organization	Adults, 19-50 yrs	<ul style="list-style-type: none"> <li>▪ one to two portions of oil-rich fish per week, which will provide around 2-3g of the very long chain <i>n</i>-3 fatty acids</li> <li>▪ weekly intake of 1.5g of EPA + DHA</li> </ul>	1999
	Committee on Medical Aspects of Food Policy (COMA) <sup>23</sup>	Authoritative Body	Adults	<ul style="list-style-type: none"> <li>▪ at least two portions of fish, of which one should be oily, weekly</li> <li>▪ n-3 PUFA intake: 0.2 g/day</li> </ul>	1994
	Scientific Advisory Committee on Nutrition (SACN) <sup>24</sup>	Authoritative Body	Adults	<ul style="list-style-type: none"> <li>▪ at least two portions of fish, of which one should be oily, weekly</li> </ul>	2004

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				<ul style="list-style-type: none"> <li>n-3 PUFA intake: 0.45 g/day</li> </ul>	
	National Institute for Health and Clinical Excellence (May 2008) <sup>26</sup>	Authoritative Body	People at high risk of or with CVD	<ul style="list-style-type: none"> <li>consume at least two portions of fish per week, including a portion of oily fish</li> </ul>	2008
	Joint British Societies <sup>27</sup>	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> <li>Regular intake of fish and other sources of omega 3 fatty acids (at least two servings of fish per week)</li> </ul>	2005
	Irish Heart Foundation <sup>54</sup>	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> <li>200 mg/day long-chain fatty acids</li> </ul>	
	British Dietetic Association <sup>66</sup>	Expert Scientific Organization	General Population	<ul style="list-style-type: none"> <li>Two Portions per week of fish, one of which should be oily; equals ~450mg EPA+DHA</li> </ul>	2014
	National Collaborating Center for Primary Care <sup>28</sup>	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> <li>At least two servings of omega-3 fatty acid containing fish per week</li> </ul>	2007
			People with Established CVD	<ul style="list-style-type: none"> <li>At least two servings of omega-3 fatty acid containing fish per week week)</li> </ul>	
Spain	Spanish Society of Intensive Care Medicine and Coronary Units and Spanish Society of Parenteral and Enteral Nutrition <sup>29</sup>	Expert Scientific Organization	Individuals with acute coronary syndrome and patients with chronic heart failure	<ul style="list-style-type: none"> <li>Administration of 1 g/day of omega-3 (EPA+DHA) in the form of fish oil can prevent sudden death in the treatment of acute coronary syndrome and can also help to reduce hospital admission for cardiovascular events in</li> </ul>	2011

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				patients with chronic heart failure	
	Spanish Society of Intensive Care Medicine and Coronary Units and Spanish Society of Parenteral and Enteral Nutrition <sup>30</sup>	Expert Scientific Organization	patients with acute lung injury (ALI) or acute respiratory distress syndrome (ARDS)	<ul style="list-style-type: none"> <li>An enteral diet enriched with <math>\omega</math>-3 diet fatty acids may have a beneficial effects</li> </ul>	2011
	Spanish Menopause Society <sup>75</sup>	Expert Scientific Organization	Postmenopausal women	<ul style="list-style-type: none"> <li>250 mg/day EPA+DHA</li> </ul>	2017
Russia	Customs Union Commission <sup>61</sup>	Authoritative Body	Adults	<ul style="list-style-type: none"> <li>EPA 600 mg</li> <li>DHA 700 mg</li> </ul>	2010
Brazil	Brazilian Society of Cardiology <sup>31</sup>	Expert Scientific Organization	Patients with coronary artery disease	<ul style="list-style-type: none"> <li>supplementation of 1 g / day of omega-3 (EPA + DHA) capsules</li> </ul>	2007
	Brazilian Society of Cardiology <sup>74</sup>	Expert Scientific Organization	Adults for primary and secondary risk prevention	<ul style="list-style-type: none"> <li>Consumption <math>\geq</math> 2 servings/week of fish rich in EPA and DHA</li> </ul>	2017
			Adults for cardiovascular risk prevention	<ul style="list-style-type: none"> <li>EPA and DHA supplements (no specified amount)</li> </ul>	
			Adults with severe hypertriglyceridemia (>500 mg/dL) with risk of pancreatitis refractory to nonpharmacological measures and drug treatments	<ul style="list-style-type: none"> <li>Supplementation with EPA and DHA (2-4 g)</li> </ul>	
			Individuals with mild to moderate hypertriglyceridaemia	<ul style="list-style-type: none"> <li>Supplementation with EPA and DHA (1-5 g/day)</li> </ul>	
			Individuals with heart failure	<ul style="list-style-type: none"> <li>Supplementation with EPA and DHA (1 g /day)</li> </ul>	

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	Brazilian Association of Nutrition (ABRAN) <sup>65</sup>	Expert Scientific Organization	Women who are pregnant or lactating	<ul style="list-style-type: none"> <li>▪ 200 mg/day DHA</li> </ul>	2014
			Infants < 6 months	0.2 to 0.5% of total lipids as DHA	2014
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	General	Therapeutic dosages of EPA + DHA for TG reduction are 2.0 to 4.0 g/day. Strength of Evidence = B; Quality of Evidence = Moderate	2015
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	General	For primary and secondary prevention of atherosclerotic cardiovascular disease (ASCVD), consuming ≥2 servings/week of fish/seafood (preferably oily) is recommended. One serving is equal to 3.5 to 4 oz. and should ideally not be prepared using deep-frying. Strength of Evidence = A; Quality of Evidence = Moderate	2015
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	General	For patients with known ASCVD, suggestive, but not conclusive, evidence from RCTs is available for a benefit of long-chain omega-3 fatty acid supplementation at ~1 g/day EPA + DHA on cardiac mortality, but not non-fatal ASCVD events. EPA + DHA supplements may be considered for such patients,	2015

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				especially those who do not consume the recommended intakes of EPA + DHA from dietary sources. Strength of Evidence = C; Quality of Evidence = Low	
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	General	For patients with heart failure, 1 g/day of EPA + DHA is recommended as an adjunct to heart failure therapy. Strength of Evidence = A; Quality of Evidence = Moderate	2015
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	Women	Non-statin drug therapy with cholesterol absorption inhibitor, bile acid sequestrant, fibric acid, nicotinic acid, or long-chain omega-3 fatty acid concentrates (the latter currently indicated only for very high TG) may be considered for women with contraindications for, or intolerance to, statin therapy, or in combination with statin therapy for patients who need additional lowering of atherogenic cholesterol to achieve treatment goals. Strength of Evidence = A; Quality of Evidence = High	2015
United States	National Lipid Association <sup>68</sup>	Expert	Pregnant and Nursing	Very high TG ( $\geq 500$ mg/dL)	2015

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
		Scientific Organization	Women	may be treated during pregnancy with diet/lifestyle management plus prescription omega-3 fatty acids; fenofibrate or gemfibrozil may be administered beginning early in the second trimester, based on clinical judgment. These agents may be used during breast feeding. Strength of Evidence = B; Quality of Evidence = Low	
United States	National Lipid Association <sup>68</sup>	Expert Scientific Organization	HIV Infected Persons	Elevated TG $\geq 500$ mg/dL that is refractory to lifestyle modification or changes in ART (if an option) should generally be treated with either a fibrate (fenofibrate preferred) or prescription omega-3 fatty acids. After TG is lowered ( $< 500$ mg/dL), non-HDL-C and LDL-C should be reassessed for appropriate management. Strength of Evidence = B; Quality of Evidence = Moderate	2015
United States	National Lipid Association <sup>82</sup>	Expert Scientific Organization	patients aged $\geq 45$ years with clinical atherosclerotic cardiovascular disease (ASCVD), or aged $\geq 50$ years with diabetes	<ul style="list-style-type: none"> <li>▪ EPA is recommended for ASCVD risk reduction</li> </ul>	2019

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
			mellitus requiring medication plus ≥1 additional risk factor, with fasting triglycerides 135 to 499 mg/dL on high-intensity or maximally tolerated statin therapy		
United States	Institute of Medicine <sup>32</sup>	Authoritative Body	Boys & Girls 1-3 yrs	▪ ALA: 0.7 g/day of which ~ 10% EPA+DHA	2005
			Boys & Girls 4-8 yrs	▪ ALA: 0.9 g/day of which ~ 10% EPA+DHA	
			Boys 9-13 yrs	▪ ALA: 1.2 g/day of which ~ 10% EPA+DHA	
			Boys 14-18 yrs	▪ ALA: 1.6 g/day of which ~ 10% EPA+DHA	
			Girls 9-13 yrs	▪ ALA: 1.0 g/day of which ~ 10% EPA+DHA	
			Girls 14-18 yrs	▪ ALA: 1.1 g/day of which ~ 10% EPA+DHA	
			Adult men ≥ 19 yrs	▪ ALA: 1.6 g/day of which ~ 10% EPA+DHA	
			Adult women ≥ 19 yrs	▪ ALA: 1.1 g/day of which ~ 10% EPA+DHA	
	American Diabetes Association <sup>55</sup>	Expert Scientific Organization	Individuals with diabetes	Eat fish (particularly fatty fish) at least two times (two servings) per week.	2013
	American Diabetes Association <sup>80</sup>	Expert Scientific Organization	In patients with ASCVD or other cardiac risk factors on a statin with controlled LDL-C, but elevated triglycerides (135-499)	▪ addition of icosapent ethyl should be considered to reduce cardiovascular risk	2019

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	Academy of Nutrition and Dietetics (formerly American Dietetics Association)	Expert Scientific Organization	General Adult Population <sup>56</sup>	<ul style="list-style-type: none"> <li>500 mg EPA+DHA per day</li> </ul>	2014
			Varied <sup>53</sup>	Those with increased requirements (e.g., pregnant and lactating women or those with diseases associated with poor essential fatty acid status) or those at risk for poor conversion (e.g., people with diabetes) may benefit from direct sources of long-chain n-3 fatty acids, such as DHA-rich microalgae	2003
	March of Dimes <sup>34</sup>	Expert Scientific Organization	Pregnant and Nursing Women	<ul style="list-style-type: none"> <li>200 mg DHA/day</li> </ul>	2009
	Omega-3 Fatty Acids Subcommittee, assembled by the Committee on Research on Psychiatric Treatments of the American Psychiatric Association (APA) <sup>36</sup>	Expert Scientific Organization	Adults	<ul style="list-style-type: none"> <li>Eat fish <math>\geq</math> 2X/wk</li> </ul>	2006
			Patients with mood, impulse control, or psychotic disorders	<ul style="list-style-type: none"> <li>1 g EPA + DHA / day</li> </ul>	
	American Heart Association	Expert Scientific Organization	Secondary prevention of CHD and sudden cardiac death among patients with prevalent CHD <sup>37</sup>	<ul style="list-style-type: none"> <li>unspecified</li> </ul>	2017
			Secondary prevention of outcomes in patients with heart failure <sup>37</sup>	<ul style="list-style-type: none"> <li>unspecified</li> </ul>	2017
			General adult population <sup>58</sup>	<ul style="list-style-type: none"> <li>Fish with 500 mg or more of EPA+DHA per 85 g (3 oz cooked) can apply for the AHA Heart-Check food certification</li> </ul>	unknown

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				program at <a href="http://www.heartcheckmark.org">www.heartcheckmark.org</a>	
			Patients with high triglycerides <sup>51</sup>	<ul style="list-style-type: none"> <li>▪ prescription n-3 FAs (EPA+DHA or EPA-only) at a dose of 4 g/d (&gt;3 g/d total EPA+DHA) are an effective and safe option for reducing triglycerides as monotherapy or as an adjunct to other lipid-lowering agents</li> </ul>	2019
			Cardiovascular Disease Risk Reduction in Women <sup>38</sup>	<ul style="list-style-type: none"> <li>▪ Consume fish, especially oily fish, at least twice a week</li> <li>▪ Consumption of omega-3 fatty acids in the form of fish or in capsule form may be considered in women with hypercholesterolemia and/or hypertriglyceridemia for primary and secondary prevention</li> </ul>	2011
			Patients with Coronary and Other Atherosclerotic Vascular Disease <sup>39</sup>	<ul style="list-style-type: none"> <li>• For all patients, it may be reasonable to recommend omega-3 fatty acids from fish or fish oil capsules (1 g/d) for CVD risk reduction</li> </ul>	2011

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
	American Heart Association <sup>81</sup>	Expert Scientific Organization	General Adult Population	<ul style="list-style-type: none"> <li>▪ 1 to 2 seafood meals per week be included to reduce the risk of congestive heart failure, coronary heart disease, ischemic stroke, and sudden cardiac death, especially when seafood replaces the intake of less healthy foods</li> </ul>	2018
	U.S. Dept of Agriculture and U.S. Department of Health and Human Services <sup>40</sup>	Authoritative Body	General adult population	<ul style="list-style-type: none"> <li>▪ Consumption of about eight ounces per week of a variety of seafood, which provide an average consumption of 250 mg per day of EPA and DHA, is associated with reduced cardiac deaths among individuals with and without preexisting CVD</li> </ul>	2016
Pregnant or breastfeeding women			<ul style="list-style-type: none"> <li>▪ consumption by women who are pregnant or breastfeeding of at least eight ounces per week from seafood choices that are sources of DHA is</li> </ul>		

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				associated with improved infant health outcomes	
	Executive Office of the President <sup>50</sup>	Authoritative Body	General population	<ul style="list-style-type: none"> <li>Dietary Guidelines and Food Guide Pyramid should be revised to emphasize the benefits of...increasing consumption of foods rich in omega-3 fatty acids</li> </ul>	2003
	Agency for Healthcare Research and Quality <sup>49</sup>	Authoritative Body	General population	<ul style="list-style-type: none"> <li>Fish and fish oil supplements reduce the risk of cardiovascular disease</li> </ul>	2004
	American Academy of Pediatrics <sup>41</sup>	Expert Scientific Organization	Nursing Women	<ul style="list-style-type: none"> <li>The mother's diet should include an average daily intake of 200 to 300 mg of the <math>\omega</math>-3 long-chain PUFAs (DHA) to guarantee a sufficient concentration of preformed DHA in the milk. Consumption of 1 to 2 portions of fish (e.g., herring, canned light tuna, salmon) per week will meet this need. The concern regarding the possible risk from intake of excessive mercury or other contaminants</li> </ul>	2012

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				is offset by the neurobehavioral benefits of an adequate DHA intake and can be minimized by avoiding the intake of predatory fish (e.g., pike, marlin, mackerel, tile fish, swordfish). Poorly nourished mothers or those on selective vegan diets may require a supplement of DHA as well as multivitamins	
Canada	Minister of National Health and Welfare, Canada <sup>42</sup>	Authoritative Body	General adult population	<ul style="list-style-type: none"> <li>1.2-1.6 g/day total n-3 PUFAs (ALA, EPA, DHA)</li> </ul>	1990
	Dietitians of Canada <sup>33</sup>	Expert Scientific Organization	General adult population	<ul style="list-style-type: none"> <li>500 mg n-3 long-chain PUFAs/day</li> </ul>	2007
India	Cardiology Society of India <sup>59</sup>	Expert Scientific Organization	For patients with high triglycerides and patients after MI for secondary prevention	<ul style="list-style-type: none"> <li>Omega-3 acid ethyl esters (2-4g/day)</li> </ul>	2012
China	Chinese Nutrition Society <sup>62</sup>	Expert Scientific Organization	0 up to 4 years	<ul style="list-style-type: none"> <li>100 mg/day DHA</li> </ul>	2014
			18+ years	<ul style="list-style-type: none"> <li>250 – 2000 mg /day EPA+DHA</li> </ul>	
			Pregnant & lactating women	<ul style="list-style-type: none"> <li>250 mg/day EPA+DHA of which 200 mg should be DHA</li> </ul>	
	Chinese Expert Group <sup>57</sup>	Expert Scientific	6-12 month old infants	<ul style="list-style-type: none"> <li>DHA minimum of 15 mg/kcal and a maximum</li> </ul>	2019

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
		Organization		of 40 mg/kcal	
Japan	Ministry of Health, Labour and Welfare <sup>43</sup>	Authoritative Body	0-5 months – boys and girls	• 0.9g total omega-3 per day	2014
			6-11 months- boys and girls	• 0.8g total omega-3 per day	
			1-2 years – Boys	• 0.7g total omega-3 per day	
			1-2 years – Girls	• 0.8g total omega-3 per day	
			3-5 years – Boys	• 1.3g total omega-3 per day	
			3-5 years – Girls	• 1.1g total omega-3 per day	
			6-7 years – Boys	• 1.4 total omega-3 per day	
			6-7 years –Girls	• 1.3g total omega-3 per day	
			8-9 years – Boys	• 1.7g total omega-3 per day	
			8-9 years – Girls	• 1.4g total omega-3 per day	
			10-11 years – Boys	• 1.7g total omega-3 per day	
			10-11 years – Girls	• 1.5g total omega-3 per day	
			12-14 years – Boys	• 2.1g total omega-3 per day	
			12-14 years – Girls	• 1.8g total omega-3 per day	
15-17 years – Boys	• 2.3g total omega-3 per day				
15-17 years – Girls	• 1.7g total omega-3 per day				

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
			Adults (18-29 years) – Men	<ul style="list-style-type: none"> <li>2.0g total omega-3 per day</li> </ul>	
			18-29 years – Women	<ul style="list-style-type: none"> <li>1.6g total omega-3 per day</li> </ul>	
			30-49 years – Men	<ul style="list-style-type: none"> <li>2.1g total omega-3 per day</li> </ul>	
			30-49 years – Women	<ul style="list-style-type: none"> <li>1.6g total omega-3 per day</li> </ul>	
			50-69 years – Men	<ul style="list-style-type: none"> <li>2.4g total omega-3 per day</li> </ul>	
			50-69 years – Women	<ul style="list-style-type: none"> <li>2.0g total omega-3 per day</li> </ul>	
			Over 70 years – Men	<ul style="list-style-type: none"> <li>2.2g total omega-3 per day</li> </ul>	
			Over 70 years – Women	<ul style="list-style-type: none"> <li>1.9g total omega-3 per day</li> </ul>	
			Pregnant & Lactating Women	<ul style="list-style-type: none"> <li>1.8g total omega-3 per day</li> </ul>	
Malaysia	Ministry of Health	Authoritative Body	Acute ST Segment Elevation Myocardial Infarction <sup>46</sup>	<ul style="list-style-type: none"> <li>Increase intake of omega 3-fatty acids by eating fish at least twice a week.</li> </ul>	2014 (3 <sup>rd</sup> edition)
			Women with CHD <sup>47</sup>	<ul style="list-style-type: none"> <li>omega-3-fatty-acids (&gt;1gm/day) have been found to be beneficial</li> </ul>	2007
			Management of Dyslipidemia <sup>48</sup>	<ul style="list-style-type: none"> <li>A dose of 3-9 gm/day to lower TG levels</li> <li>A dose of 0.75-1 gm/day as secondary prevention to prevent sudden death</li> </ul>	2011
			For people with high risk or secondary prevention	<ul style="list-style-type: none"> <li>1000 mg EPA + DHA/day as supplement for people</li> </ul>	2011

Country/Region	Organization	Org. Type	Target Population	Recommendation	Publication Date
				who don't eat fish	
Singapore	Health Promotion Board <sup>63</sup>	Authoritative Body	General population	<ul style="list-style-type: none"> <li>• 2 servings/week fish</li> </ul>	2014
Taiwan	Taiwan Society of Lipids and Atherosclerosis <sup>79</sup>	Expert Scientific Organization	Individuals with very high triglycerides (>500 mg/dL)	<ul style="list-style-type: none"> <li>• Omega-3 fatty acids (dose unspecified)</li> </ul>	2017
			patients with coronary heart disease and hypertriglyceridemia	<ul style="list-style-type: none"> <li>• EPA and DHA (dose unspecified)</li> </ul>	
Thailand	Food and Drug Authority	Authoritative Body	General Population	<ul style="list-style-type: none"> <li>• EPA+DHA NMT 1000 mg/day</li> </ul>	Unknown – no reference located
Israel	Israel Heart Society <sup>44</sup>	Expert Scientific Organization	For the general public or primary prevention	<ul style="list-style-type: none"> <li>• 500-1000 mg EPA + DHA/day as fish</li> </ul>	2011

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