Omega-3s - particularly EPA and DHA - are important for overall health, including heart health. Most people do not get enough EPA and DHA omega-3s, and new research suggests you may need even more than you think. Here's why:

**EPA + DHA =** The two most beneficial marine-based omega-3s

According to new research published in *Mayo Clinic Proceedings*, EPA and DHA omega-3s are associated with improved heart health. Your goal should be at least 1000 mg of EPA + DHA per day. Dietary/food supplements, prescription omega-3s and eating fish regularly will help you meet this goal.

Reduced risk of **fatal myocardial infarction** (heart attack) 35%

Reduced risk of **heart attack** 13%

Reduced risk of death from **coronary heart disease** 9%

Talk to your healthcare provider about getting more EPA and DHA omega-3s.

_alwaysomega3s.com_

This content is not intended to be a substitute for professional advice. Always seek the advice of a healthcare provider regarding your treatment.