

Why You Need EPA & DHA Omega-3s

EPA + DHA =

The two most beneficial marine-based omega-3s

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 research suggests you may need even more than you think. Here's why:

According to research published in *Mayo Clinic Proceedings*, **EPA and DHA omega-3s are associated with improved heart health.**

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

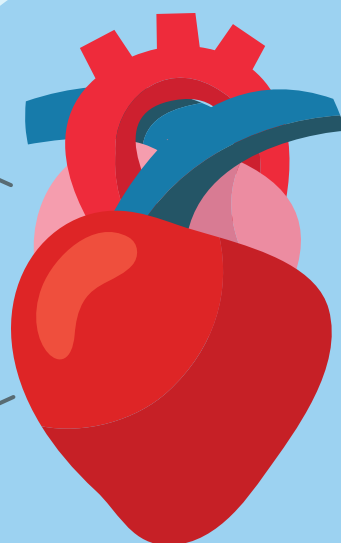
35%

Reduced risk of **heart attack**

7.6%

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

9%



Your goal should be at least 500 mg of EPA + DHA per day.

Dietary/food supplements, prescription omega-3s and eating fish regularly will help you meet this goal.

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

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

AlwaysOmega3s.com

Reference: Bernasconi A, et. al. Effect of Omega-3 Dosage on Cardiovascular Outcomes: An Updated Meta-Analysis and Meta-Regression of Interventional Trials. *Mayo Clinic Proceedings*. 2021;96(2): 304 – 313.

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