

# EPA & DHA Omega-3s for Eye Health

## ? DID YOU KNOW?



EPA and DHA omega-3s are found throughout the body, but the highest concentration of DHA is found in the retina of the eye.<sup>1</sup>



DHA is an important nutrient for cells of the eye that control the ability to see under different lighting conditions.<sup>2</sup>

Pregnant and breastfeeding women should make sure to get enough DHA since the nutrient contributes to normal visual development for the fetus and growing baby.<sup>4</sup>



EPA and DHA omega-3s may help improve symptoms of dry eyes.<sup>3</sup>



GOED recommends a daily intake of

**500mg  
EPA+DHA**

for everyday health, including eye health. For pregnant and breastfeeding women, they should aim for 700 mg EPA+DHA, of which at least 300 mg is DHA.

**To learn more, visit:**

**[AlwaysOmega3s.com/why/eye-health](https://www.alwaysomega3s.com/why/eye-health)**

### References

1. Fliesler SJ, Anderson RE. Chemistry and metabolism of lipids in the vertebrate retina. *Prog Lipid Res* 1983;22:79-131. doi: 10.1016/0163-7827(83)90004-8.
2. Grossfield A, Feller SE, Pitman MC. A role for direct interactions in the modulation of rhodopsin by omega-3 polyunsaturated lipids. *Proc Natl Acad Sci U S A* 2006;103:4888-93. doi: 10.1073/pnas.0508352103.
3. Korean Health Functional Food Code. No. 2020-92, September 23, 2020. [www.mfds.go.kr](http://www.mfds.go.kr).
4. Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies on a request from Merck Selbstmedikation GmbH on DHA and support of the visual development of the unborn child and breastfed infant. *The EFSA Journal* (2009) 1006, 1-12. doi: 10.2903/j.efsa.2009.1007

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