



GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3S

Science Committee Meeting Minutes

Date: 29 November 2023

Committee Members Present	Committee Members Not in Attendance
Agata Szygula (TASA) Aldo Bernasconi (GOED) Alisa Dunkel (Omega3 Galil) Allison Wilkin (GOED - CSD team) Andrea Hsieh (Nestle) Audra Delgado (BASF) Carol Locke (Omega Brite) Christine Ye (Pharmavite) Dimitri Sclabos (Tharos) Eileen Bailey (DSM-Fermenich) Elena Nekrasov (Amway) Ellen Schutt (GOED) Gladys Ccahuantico (Copeinca) Harry Rice (GOED) Jason Locke (OmegaBrite) Johane Guay (Solutex) Kaitlin Roke (GOED - Committee lead) Lára Björgvinsdóttir (Lysi) Mark Smith (Nuseed) Melanie Schölzel (Evonik) Paula Arriagada (Corbion) Rinat Ran-Ressler(Nestle) Sunil Choudhary (Omega Brite) Theresa Jahn (Nature's Way - Committee Chair) Yunpeng Ding (Aker Biomarine)	Alice Marie Pedersen (Zooca) Amy Moore (Jamieson) Arun Rajgopal (Amway) Bente Jeanette Foss (GC Rieber) Erin Hudson (Nutrasource) Gaowei Mao (Reckitt) Guy Ben-Zvi (Omega-3 Galil) Janet Coonan (Jamieson) Katina Handeland (AkerBiomarine) Matt Kochem (DSM-Fermenich) Maren Ringstad (BASF) Marieke Schoemaker (Friesland Campina) Marzena Kucia (Natural Pharmaceuticals) Rahbika Ashraf (GOED - CSD team Award Winner) Sonia Hartunian (DSM-Fermenich) Svein Olaf Hustvedt (BASF) Udaya Wanasundara (Algarithm)
Guest Speakers: <ul style="list-style-type: none">Wenche Uksnøy, Blue LegaseaJan Erik Olsen, Nofima	

*Committee members listed in alphabetical order by first name.



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Last GOED Science Committee meeting: 1 November 2023

Next GOED Science Committee meeting: 31 January 2024

Link: <https://us02web.zoom.us/j/82564468485> Meeting ID: 825 6446 8485

29 November 2023 Meeting Recording:

https://us02web.zoom.us/rec/share/qiyLB2Jzj_XGQzHeiurNgncgBcPL2wk6sKqxDwlcKHtu9BKZixs3APcEcVLPOZ0N.UmA8l2QiamoHq5OI

Passcode: ^2w4.P55



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Housekeeping

- Welcome to new or returning GOED Science Committee members

Items for Group Discussion:

- Regroup and any additional discussion needed following the group call from October. (Topics included bioavailability, EPA vs. DHA, algae and fish oil, communication needs on these topics, etc.)
 - Summary below, please review
- Invitation and reminder for anyone interested in joining the smaller working group to design a bioavailability study to assess different forms of EPA/DHA (EE, TG, PL) over a longer (3-6 month) intervention study. Group to meet separately in December 2023.
- Welcome [Jan Erik Olsen](#) from Nofima, and [Wenche Uksnøy](#) from Blue Legasea. They will each share an overview of themselves, their company, and some ongoing projects related to omega-3s.

Science Committee Meeting Summary – November 1, 2023: Group Discussion

Q1: *Differences / similarities between EPA and DHA from: fish vs. algae vs. other sources?*

- EPA and DHA molecules are the same, no matter what source they come from
- It is not yet known from the scientific literature whether EPA or whether DHA is more important for certain health conditions (apart from DHA for some pregnancy and infant health outcomes)
- It is not yet known from the scientific literature what ratio of EPA and DHA are optimal. This optimal ratio will likely depend on the health condition

Q2: *Differences in effect between EPA and DHA forms: TG vs. EE vs. PL vs. other?*

- Differences in absorption in EPA and DHA may depend on the position of the EPA/DHA on the backbone (i.e. sn-1, sn-2, and/or sn-3)
 - Bioavailability may be superior in sn-2 position if in the triglyceride form
- The scientific literature on bioavailability and absorption are not comparable (i.e. apples to cows comparison).
 - Cannot compare acute vs. long-term studies
 - Studies in this topic area need to be interpreted with caution
- Limited long-term bioavailability and absorption studies exist
- Pre-clinical (cell and animal studies) may provide evidence for differential effects of various forms of EPA and DHA (i.e. phospholipid vs. triglyceride vs. ethyl ester)



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Q3: *Who does this message need to be communicated to? Internal within companies? External to consumers?*

- Consumers are asking and there may be some misunderstanding about the differences in EPA and DHA from fish vs. algae
- Consumers are looking for vegetarian and vegan options
- Consumers are interested in the sustainability of their foods and supplements

Action:

- Review Nov 1 meeting summary points
- Sub-committee on bioavailability study to meet Monday December 4, 2023

Other:

- Sign up for the Weekly GOED Current newsletter:
<https://goedomega3.com/members/subscribing-goed-current>



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Upcoming Events and Meetings which may be of interest to the GOED Science Committee, or others in your organization

2024

Name	Date	Location
GOED Exchange	23-25 January 2024	Athens, Greece
Integrative Healthcare Symposium	15-17 February 2024	New York, New York, USA
North Atlantic Seafood Forum	5-7 March 2024	Bergen, Norway 19th event
Expo West	12-16 March 2024	Anaheim, California, USA
The Seafood Marketplace for North America	10-12 March 2024	Boston, Massachusetts, USA
Society of Toxicology (SOT) Annual Meeting & ToxExpo	10-14 March 2024	Salt Lake City, Utah, USA 63rd event
National Association of Pediatric Nurse Practitioners	13-16 March 2024	Denver, Colorado, USA 45th event
American Heart Association EPI/Lifestyle Scientific Sessions	18-21 March 2024	Chicago, Illinois, USA
American College of Cardiology	6-8 April 2024	Atlanta, Georgia, USA
Global Seafood Marketplace	23-25 April 2024	Barcelona, Spain
American Oil Chemists Society (AOCS) Annual Meeting & Expo	28 April-1 May, 2024	Montreal, Canada
Vitafoods Europe	14-16 May 2024	Geneva, Switzerland
Canadian Nutrition Society	2-4 May 2024	Edmonton, Canada
Annual Meeting of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition	15-18 May 2024	Milan, Italy 56th event
American Association of Physician Assistants (AAPA)	18-22 May, 2024	Houston, Texas, USA



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World Public Health Nutrition Association	10-13 June 2024	London, England
International Congress of Nutrition and Dietetics	12-14 June 2024	Toronto, Canada
IASDA Annual Week	12-13 June 2024	San José, Costa Rica
Fi & Hi Asia-China CPHI China	19-21 June 2024	Shanghai, China
American Association of Nurse Practitioners (AANP)	25-30 June 2024	Nashville, Tennessee, USA
World Aquaculture and Fisheries Conference	24-26 June 2024	Paris, France
European Workshop on Lipid Mediators	26-28 June 2024	Edinburgh, UK 9th event
American Society for Nutrition - Nutrition	29 June - 2 July 2024	Chicago, Illinois, USA
International Society for the Study of Fatty Acids and Lipids	Dates not listed for 2025	Location not listed
International Symposium on Lipid Oxidation and Antioxidants	8-10 July 2024	Bologna, Italy
National Nurse Practitioner Symposium (NNPS)	17-21 July 2024	Keystone, Colorado, USA
AOAC International - Annual Meeting	23-28 August 2024	Baltimore, Maryland USA
International Congress of Nutrition	24-29 August 2024	Paris, France
CPHI Korea	27-29 August 2024	Seoul, Korea
European Society of Cardiology (ESC) Congress	30 August-2 September 2024	London, England 47th event
World Congress of Food Science and Technology	8-12 September 2024	Remini, Italy 22nd event
Vitafood Asia	18-20 September 2024	Bangkok, Thailand
Asian Congress of Nutrition	Dates not listed for 2024	Location not listed



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Euro Fed Lipid Congress and Expo	12-15 October 2024	Leipzig, Germany 20th event
International Conference on the Bioscience of Lipids (ICBL)	Dates not listed for 2024	Taipei, Taiwan 64th event
Global Seafood Alliance	Dates not listed for 2024	Location not listed
Food & Nutrition Conference & Expo (FNCE)	5-8 October 2023	Minneapolis, Minnesota, USA
NutrEvent: Where Innovation Partnerships Emerge	1-2 October 2024	Lille, France
Supply Side West	28 October - 1 November 2024	Las Vegas, Nevada
Mind-Body Interface International Symposium	Dates not listed for 2024	No location listed
American Heart Association Scientific Sessions	16-18 November 2023	Chicago, Illinois, USA
European Nutrition Conference, FENS	Dates not listed for 2027	No location listed
Algae Europe	Dates not listed for 2024	No location listed