EPA AND DHA OMEGA-3S MAY LOWER YOUR RISK OF CORONARY HEART DISEASE

Coronary Heart Disease (CHD) kills: 370,000+ people in the U.S. each year and 7 million+ worldwide

Studies show that getting enough EPA and DHA omega-3s can benefit heart health. EPA and DHA can help maintain:

- Healthy triglyceride levels
- Healthy blood pressure

A recent study published in *Mayo Clinic Proceedings* found that EPA and DHA consumption may reduce the risk of CHD, particularly in higher risk populations:

- 16% in those with high triglycerides
- 14% in those with high LDL cholesterol

Expert global scientific organizations recommend 250-500mg of EPA and DHA per day for adults

There are 3 ways to add more EPA and DHA to your diet:

1. Eat fatty fish, like salmon, tuna or sardines
2. Take an omega-3 supplement
3. Consume foods fortified with EPA and DHA

Reference: http://alwaysomega3s.com/chd-references | © GOED