DHA contributes to optimal neuron and memory function in older adults.\[^1\]

DHA plays an important role in visual function throughout life.\[^2,3\]

EPA and DHA omega-3s may help maintain healthy blood pressure\[^4\] and healthy triglyceride levels.\[^5\]

As a matter of fact, EPA and DHA are needed in every cell of the body.\[^6\]

Health professionals recommend a minimum of 250mg to 500mg of EPA + DHA per day for adults. Eating two servings of fatty fish per week or taking a daily omega-3 supplement can help reach this goal.\[^7\]

Sources: http://bit.ly/agingDHA