



GOED PRAISES AMERICAN HEART ASSOCIATION STATEMENT ON TRIGLYCERIDE MANAGEMENT

SALT LAKE CITY (May 2, 2011) — America’s leading heart disease prevention agency has issued a scientific statement on triglyceride management, which could stand to affect the nearly one-third of the U.S. population that have borderline high triglyceride levels or higher. The May 24 issue of *Circulation*, the official journal of the American Heart Association (AHA), includes recommendations for increased fitness, daily intake of EPA and DHA omega-3 fatty acids, and other research-backed nutritional recommendations.

“As the U.S. continues to grapple with growing cardiovascular disease occurrence and its associated healthcare costs, physical impairments and staggering mortality rates, we are pleased that the AHA has recommended daily EPA and DHA intake as part of a well-documented approach to managing risky triglyceride levels,” said Adam Ismail, Executive Director of the Global Organization for EPA and DHA Omega-3s. “With nearly a third of the population having at least borderline high triglyceride levels, this is yet another public health problem facing the United States, but one that can be easily and cost-effectively managed.”

Ismail pointed out that the guidance is intended to complement the National Cholesterol Education Program (NCEP), which is widely used in managing public health issues related to coronary heart diseases. The AHA's EPA and DHA intake recommendations vary based on an individual's fasting triglyceride levels, resulting in the following guidelines:

Triglyceride Level (mg/dL)	Daily EPA/DHA Intake (mg)
Borderline (150-199)	500-1000
High (200-499)	1000-2000
Very High (>500)	>2000

“The role of EPA and DHA in cardiovascular health is well established and increasingly validated with high quality research published in top tier journals,” said Harry B. Rice, Ph.D., and vp of Regulatory & Scientific Affairs for GOED. “Multiple international health organizations recommend at least 250-500mg/day of EPA and DHA for heart health management.”

That’s in line with current AHA recommendations, which currently suggest normal, healthy individuals eat two servings of oily fish per week but does not make specific EPA and/or DHA intake recommendations for this population. The AHA does, however,



recommend approximately 1g of EPA and DHA intake per day for individuals with diagnosed heart disease.

To read the official AHA Scientific Statement, click [here](#). Consumers can also find out more about GOED member companies supplying regulated EPA and DHA omega-3 products by visiting www.goedquality.com.

About GOED

GOED is a proactive and accountable association of the world's finest processors, refiners, manufacturers, distributors, marketers, retailers and supporters of products containing Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) omega-3 fatty acids. The organization's objectives are to promote and protect the category, educate consumers about the health benefits of EPA/DHA, and work with government groups, the healthcare community and the industry, while setting high standards for its business sector. GOED and its members are committed to personal integrity, ethical corporate behavior, public safety and quality assurance. For more information, visit www.goedquality.com.

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