



GOED Organizes Nutracon Omega-3 Conference Track

Billed as a GOED Exchange Satellite Event, a full-day conference track on omega-3s has been organized at Nutracon 2012 by GOED, the Global Organization of EPA and DHA Omega-3s (www.goedomega3.com). The conference track, which takes place on Wednesday, March 7th, has as its theme "Omega-3s Throughout Consumer Lifestages," and includes presentations from a variety of industry experts and leading scientists on the ways omega-3s impact humans throughout their lives. Specifically, here are the details on the planned presentations.

OMEGA-3 MARKET OVERVIEW

EPA and DHA omega-3s are a rapidly growing segment of the nutrition market, and also one of the largest. This presentation will explore the drivers and implications of this growth, as well as what motivates consumers to purchase omega-3s and their perceived needs.

RECOMMENDED DIETARY INTAKES / HEALTH CLAIMS

With more than 20,000 scientific papers published and 2,400 randomized controlled trials in humans, recognition of the benefits of EPA and DHA omega-3s is advancing. Countries around the world are establishing recommended intakes for their populations at widely different levels, and new health claim regulations are allowing more educational tools for consumers.

DHA AND INFANT/CHILD DEVELOPMENT

Before infants are born, important growth is taking place in their hearts and brains. Much of this growth is dependent on the nutrients the fetus can obtain from the mother. DHA omega-3 is an important building block for the neurological system as a structural component of both the brain and eyes. Hear the latest science and understanding of how maternal intakes of omega-3s can affect infant development.

THE ROLE OF EPA AND DHA IN POSTPARTUM DEPRESSION

Postpartum depression is a serious, not to mention prevalent, condition that can have serious consequences if left untreated. Omega-3s fatty acids are an intriguing potential treatment for this condition. This talk will discuss the latest research.

OMEGA-3S IN CHILDHOOD & ADOLESCENCE

There is a gap in most nutritional recommendations for omega-3s from toddler to adulthood. Much of the clinical evidence on EPA and DHA in children and adolescents is mixed and confusing. Hear a practicing pediatrician's perspective on the benefits of omega-3s as children continue to grow, as well as an understanding of what we can learn from the existing body of science.

OMEGA-3 FATTY ACIDS AND THE HEALTHY ADULT

The benefits of omega-3s have been shown to be related to their incorporation in your body's tissue. The omega-3 index is a powerful indicator of heart disease and may be an indicator of other health conditions as well. As adults age, they need to think about their nutrition as it relates to chronic disease risk and longer term aging. Given its association with heart disease, monitoring omega-3 tissue levels and modifying intake accordingly is a great way to stay on top of your game.

DHA, AN IMPORTANT NUTRIENT FOR AGING ADULTS

Age related cognitive decline and the development of Alzheimer's are top concerns as people age. Omega-3s are known to be a valuable component of brain health, but how does that relate to aging diseases? This session will explore what the latest science suggests about the role of omega-3s and disease prevention and progression.

The track is included as part of Nutracon, the premier conference for ingredient and technology innovation within the health and nutrition industry. For more information and a complete agenda, or to register for Nutracon 2012, visit nutraconference.com.