

## GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3

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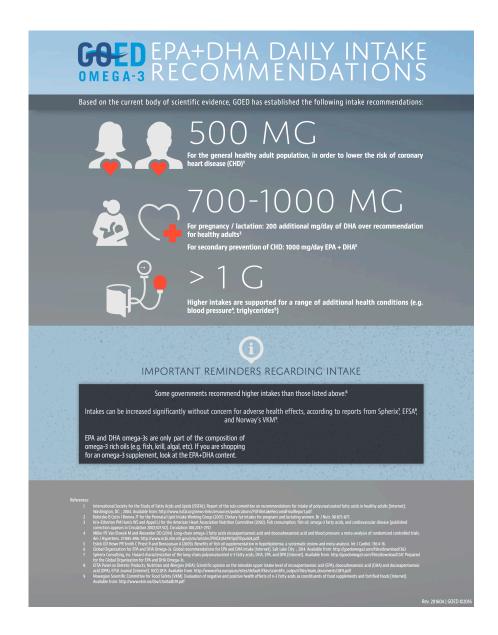
## **GOED Publishes EPA and DHA Intake Recommendations**

GOED, the Global Organization of EPA and DHA Omega-3s — exhibiting here at pavilion I152 — recently published an infographic detailing its recommendations for daily intake of EPA and DHA omega-3 fatty acids.

The recommendations are a result of several years of discussion, and come after careful review and consideration of other international standards to assure scientific validation.

## GOED's recommendations are:

- 500 mg for healthy adults (to lower the risk of coronary heart disease)
- 700-1000 mg for pregnant/lactating women and for secondary prevention of CHD
- > 1 g for additional health conditions such as high blood pressure or triglycerides.



Visit us to learn more at the Vitafoods Omega-3 Resource Centre. <a href="http://www.vitafoods.eu.com/omega-3-resource-centre">http://www.vitafoods.eu.com/omega-3-resource-centre</a>

The pavilion, located at I152, includes "Ask the Expert" sessions on a variety of omega-3 topics as well as iPad presentations with additional industry information.

**About GOED:** GOED, the Global Organization for EPA and DHA Omega-3s, is a trade association representing 200 companies worldwide active in the EPA and DHA omega-3 industry. GOED's membership includes all segments of the omega-3 supply chain from fishing and seafood companies, to refiners, supplement manufacturers, food and beverage marketers and pharmaceutical companies. GOED's members agree to adhere to product quality and ethical standards that are as strict or more strict than any set of regulations in the world. GOED focuses specifically on addressing the insufficient

consumption of EPA and DHA in the human diet by promoting global consumption of EPA and DHA and protecting the consumer by making sure our members produce quality products.