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For immediate release

GOED Publishes Comprehensive Report on EPA and DHA Omega-3s' Impact on Brain Health

The Global Organization for EPA and DHA Omega-3s (GOED) recently published a brand new report with a comprehensive overview of the latest studies on EPA and DHA omega-3s and their effects on specific brain health outcomes. The report was created with the help of [GOED’s Clinical Study Database](https://csd.goedomega3.com/) (CSD), a powerful tool developed and maintained by GOED to compile and organize all human clinical studies related to EPA and DHA omega-3s. The topic of brain health is of keen interest to GOED members and industry and the report aims to offer valuable insights into the current state of science, identify research gaps and propose potential directions for future projects or product innovations. Specifically covered is an overview of the breadth and scope of studies published on cognitive health, stress, anxiety, mood, depression, Alzheimer’s disease, ADHD, and more.

“Leveraging the immense capabilities of our CSD, GOED was able to streamline the process of data collection and analysis,” said GOED’s Director of Scientific Communication and Outreach, Kaitlin Roke, PhD. “We calculated that by using the Clinical Study Database to put this report together, we saved approximately 30 hours of work compared to employing a traditional academic search strategy.”

The report is now available for sale on the [GOED website](https://goedomega3.com/purchase-data-and-reports/report-epadha-omega-3s-and-brain-health) for $US199. GOED members have free access to the report.

***About GOED:*** GOED (Global Organization for EPA and DHA Omega-3s) represents the worldwide EPA and DHA omega-3 industry, with a mission to increase consumption of EPA and DHA omega-3s around the world. The membership is built on a quality standard unparalleled in the market and members must comply with quality and ethics guidelines that ensure members produce quality products that consumers can trust. Our 180+ members represent the entire supply chain of EPA and DHA omega-3s, from fisheries and crude oil suppliers to refiners, concentrators and finished product brands.

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