

DID YOU KNOW...

that an Omega-3 deficiency can prove deadly?



A new study from researchers at the Harvard School of Public Health found Omega-3 deficient diets cause up to 96,000 preventable deaths annually in the United States.

"The numbers are shocking, especially given that these deaths are preventable with Omega-3 EPA/DHA supplementation," said Ocean Nutrition Canada's Vice President, Marketing and Communications, Lori Covert. "We know that daily doses of Omega-3 EPA/DHA can help with many conditions, such as cardiovascular disease, and we're committed to increasing consumer awareness about the drastic Omega-3 EPA/DHA deficiency in the Western diet. However, this new study validates that Omega-3 EPA/DHA is more than just part of a healthy diet...it's a matter of life and death."

Omega-3 is an essential fatty acid (EFA), consisting of EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Oily fish (such as sardines, anchovies, mackerel, and salmon) are the only known natural sources of Omega-3 EPA/DHA. Although Omega-3 EPA/DHA is vital to overall good health, the human body is not able to produce it on its own, so supplementation is required, either by eating oily fish or foods fortified with Omega-3 EPA/DHA, or by taking fish oil supplements.

For more information visit:

www.bio-medicine.org/medicine-news-1/Omega-3-Fatty-Acid-Deficiency-takes-96-000-Lives-Annually-in-the-US-50020-1/