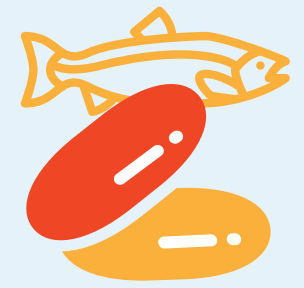


# RESEARCH-BACKED REASONS TO RECOMMEND OMEGA-3S

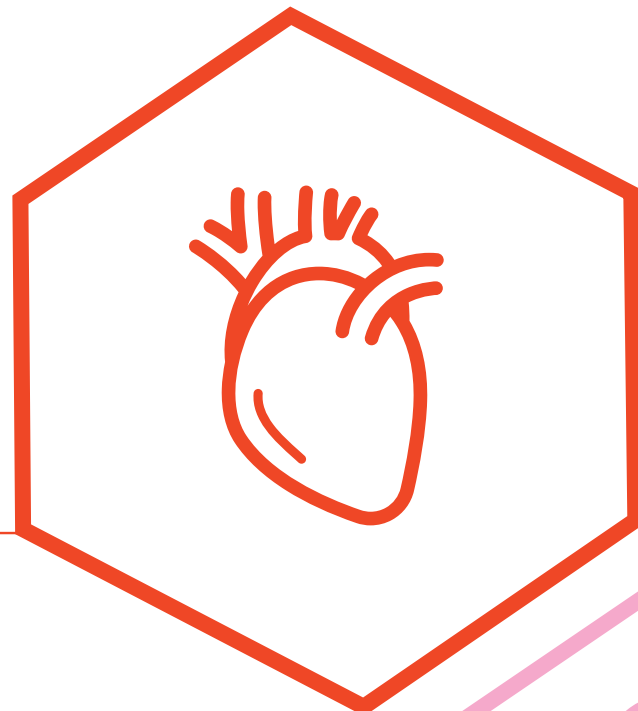


**55,000**

cardiometabolic deaths in the US were estimated to be linked to low omega-3 intake, according to a 2017 publication.<sup>1</sup>

## Cardiovascular Health ▶

95% of the US population are below cardioprotective levels of omega-3 fatty acids.<sup>2</sup>



## DHA

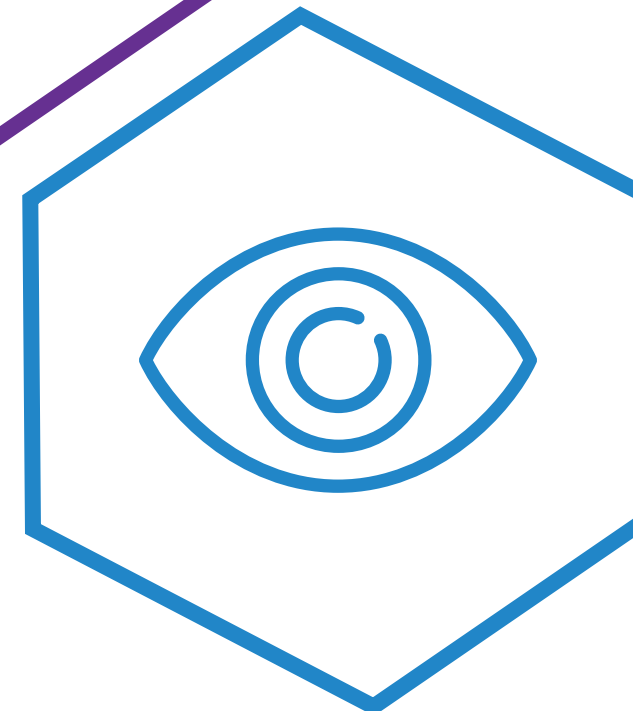
is the most abundant fatty acid in the human brain.

## ◀ Brain Health

Omega-3s are important for brain health. Research has shown omega-3s impact cognitive function, memory, symptoms of depression and ADHD, and recovery from traumatic brain injuries.<sup>3</sup>

## Prenatal/ Infant Health ▶

The omega-3 DHA is important for a healthy pregnancy as it's a critical building block of a developing baby's brain, retina, and nervous system.



**◀ 88%**

of Americans believe good vision is vital to overall health. Omega-3s can play a role.

## Eye Health

According to the American Optometric Association, research shows EPA and DHA are important for proper visual development and retinal function.<sup>4</sup>

**58%**

of early pre-term births could have been prevented with omega-3s according to a 2017 study.<sup>5</sup>

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5852674/pdf/nihms946949.pdf>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4690086/pdf/nutrients-07-05534.pdf>

<sup>3</sup> <http://fatsoflife.com/health-benefits/brain/>

<sup>4</sup> <https://www.aoa.org/patients-and-public/caring-for-your-vision/diet-and-nutrition/essential-fatty-acids>

<sup>5</sup> <https://www.ncbi.nlm.nih.gov/pubmed/26773247>