

OMEGA-3 INDEX

"We'll have flesh for holidays, fish for fasting-days" –W. Shakespeare

Omega-3 fats - Basics

- Healthy type of fat, comes in multiple forms. Long-chain omega-3s, primarily EPA and DHA are found in fish and shellfish
- Standard American diet does not provide enough EPA and DHA leaving most population deficient
- Primary way to improve O3 index is by increasing intake of EPA and DHA through fatty fish intake and/or supplementation

Omega-3 Index

- Blood spot test, measures the amount of EPA and DHA in red blood cell membranes
- Reflects 4-month intake of EPA/DHA
- Healthy range: 8% -12% is associated with lower risk for death from cardiovascular disease
- Low omega-3 index is associated with 10-fold higher risk of death compared to those with a high index.



Health Benefits Associated With Target Levels of Omega-3

- Improved brain health, including cognitive function, lower risk of dementia, Parkinson's disease, anxiety, depression.
- Reduced inflammation and improved cardiovascular health (reduced chance of getting heart attack and other heart disease). High doses (4 grams) of the omega-3 fats EPA and DHA improves healing after a heart attack.
- Longer life, anti-aging, and a reduced relative risk for death from any cause.
- Beneficial for normal vision, skin health, maternal health, immune system, joints and muscles, normal liver function, prevention of cancer and autoimmune diseases, such as lupus.