



Is your heart at risk from low omega-3 levels?

About 95 percent of Americans have low levels of omega-3s that may put them at increased risks of cardiovascular disease, according to a new study. Recent data from the National Health and Nutrition Examination Survey indicated that 95.7 percent of a nationally representative sample of Americans has an omega-3 index below 4 percent. The index is a quantified value of the fatty acids status of a person. This low level of circulating omega-3s puts people at high risk for coronary heart disease.¹

Suboptimal long-chain omega-3 polyunsaturated fatty acid concentrations are common among U.S. adults despite repeated emphasis to the public on the importance of increasing seafood consumption. Researchers publishing the study in the 2015 edition of *Nutrients* also reported that Hispanic individuals and persons aged 20 to 59 may be particularly important to focus on, given the high prevalence of suboptimal omega-3s in these populations. It was also noted that no subpopulation had a majority of individuals with concentrations above suboptimal, thus highlighting the need for improving long chain omega-3 levels in the diet.¹

Harry Rice, Ph.D., vice president of regulatory and scientific affairs for the Global Organization for EPA and DHA Omega-3 (GOED), expressed that the results of this study were

disconcerting but not surprising. "They reinforce that low EPA and DHA intake has reached epidemic proportions in the U.S.," said Dr. Rice.² "There's only one way to get out of the dire straits into which we have gotten ourselves. Increase EPA/DHA intake! Clearly, results from this study support the need for a Daily Recommended Intake (RDI) for EPA and DHA."²

- Estimates project that by 2030, 40.5 percent of the U.S. population may have some form of cardiovascular disease.
- Costs related to cardiovascular disease are estimated to increase by 61 percent from 2010-2030.
- A systematic review estimated that increasing omega-3 intake and status could result in a 7 percent reduction in the incidence of cardiovascular disease events.
- Improving omega-3 consumption could reduce hospital costs by 2.06 billion dollars among U.S. adults older than 55 years.

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TAKE CONTROL OF YOUR HEART HEALTH

Fish oil has been well researched over the last decades and proven itself time and again to be extremely supportive to heart and cardiovascular health.

The good news is that LifePharm created a superior dietary supplement called OMEGA⁺⁺⁺. The source of the small fish that supply the EPA and DHA are pure, contaminant-free and rich in the long chain omega-3 polyunsaturated fatty acids that are so necessary for heart health.

There is no reason that everyone should not be taking OMEGA⁺⁺⁺. If you have friends, relatives or clients who are not convinced of the importance of incorporating omega-3s into their daily regimens, be sure to show them the scientific statements found in this article.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REFERENCES

1. Murphy RA, Yu EA, Ciappo ED, Mehta S, McBurney MI. Suboptimal plasma long chain n-3 concentrations are common among adults in the United States, NHANES 2003-2004. *Nutrients* 2015, Vol 7, no. 12, Pg 10282-10289.
2. Danielle S. Boosting omega-3 intakes could have big cost implications for the US healthcare. *Nutraingredients-usa.com*; William Reed Business Media. Dec 10, 2015.