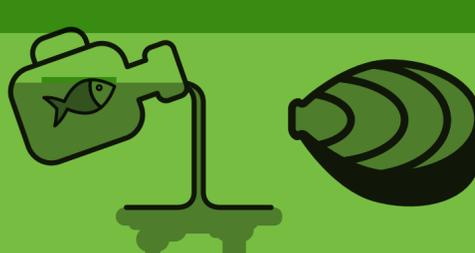


WHAT ARE OMEGA-3s AND WHY DO THEY MATTER?

Omega-3 fatty acids are considered necessary for optimum human health. We cannot make these critical nutrients, so must consume them in the foods we eat. Currently the main source of the healthiest omega-3 oils is marine animals, however as demand is increasing around the world, supply sustainability is being challenged.

What are omega-3s?

Omega-3s are polyunsaturated fatty acids. The terms long- and short-chain refer to the length of the carbon chains in each type of omega-3. Our bodies need the longer-chain omega-3s (generally found in fish, marine animals and algae) to achieve the most significant health benefits. Whilst we can convert short-chain omega-3s (found in some nuts, seeds and vegetable oils) to the longer versions, the process is very inefficient. Consuming more long-chain omega-3s provides maximum health outcomes.

Short-chain omega-3	Long-chain omega-3
	
	
<p>Short-chain omega-3</p> <ul style="list-style-type: none"> ALA (alpha-linolenic acid) Found in some nuts, seeds and vegetable oils Limited ability for humans to convert these to the long-chain fatty acids required for maximum health outcomes 	<p>Long-chain omega-3</p> <ul style="list-style-type: none"> EPA (eicosapentaenoic acid) DHA (docosahexaenoic acid) Found in fish and other marine animals Available as supplements or added to foods Efficient uptake and conversion by humans providing maximum health benefits
	

The health benefits of long-chain omega-3s

The benefits of long-chain (DHA and EPA) omega-3s in human health are well documented, with adequate intake having an overall positive impact on brain, eye and heart health, and inflammation management. DHA also plays an important role in child and infant development.

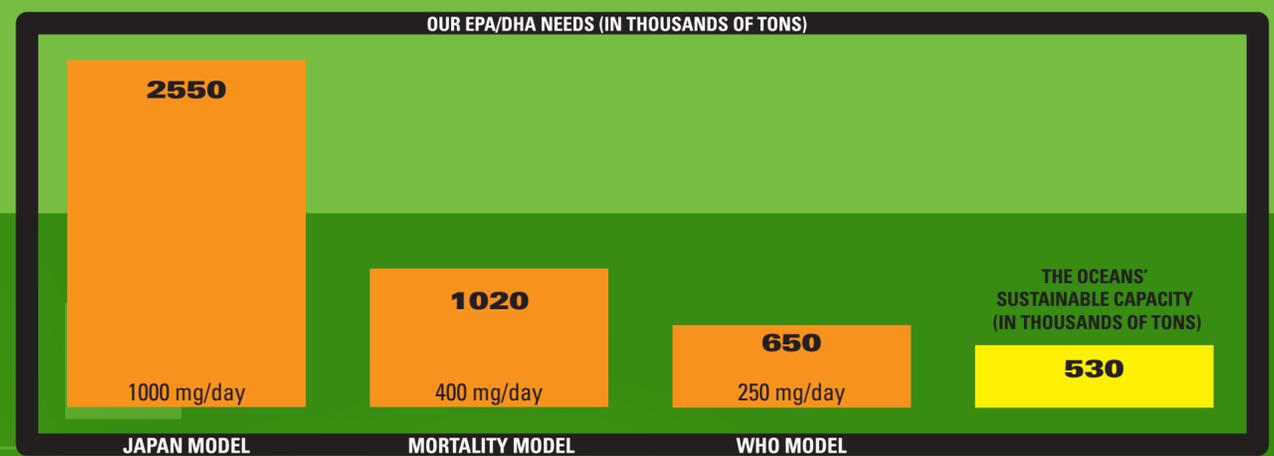


minimum daily intake
250mg-500mg

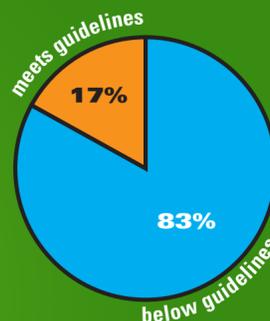
Global health advisory bodies have established daily intake recommendations for long-chain omega-3 based on current scientific evidence, with minimum intakes generally ranging from 250mg to 500mg for healthy adults. The World Health Organization recommends 250mg per day, whilst the International Society for the Study of Fatty Acids and Lipids (ISSFAL) recommends at least 500mg daily for cardiovascular health. Those with specific health needs are advised to take higher amounts.

Daily intake recommendations could pressure ocean sources

With scientific research supporting these compelling health benefits the global demand for long-chain omega-3s is steadily increasing, placing pressure on existing sources for this vital nutrient; sources that are critical for the marine food chain.



Current consumption level across the world is generally below the daily intake recommended by the World Health Organization. This contributes to public health pressures.



We must develop sustainable, reliable land-based sources of healthy omega-3 fatty acids to ensure we protect our oceans whilst providing the best health solutions to those who need them.