

# ↓ EPA AND DHA OMEGA-3S MAY LOWER ↓ YOUR RISK OF CORONARY HEART DISEASE ↓



Coronary Heart Disease (CHD) kills:

**370,000+** people in the U.S. each year and  
**7 million+ worldwide**

Studies show that getting enough EPA and DHA omega-3s can benefit heart health. EPA and DHA can help maintain:



Healthy triglyceride levels



Healthy blood pressure

A recent study published in **Mayo Clinic Proceedings** found that **EPA and DHA consumption may reduce the risk of CHD**, particularly in higher risk populations:



↓ **16%** in those with high triglycerides

↓ **14%** in those with high LDL cholesterol



Expert global scientific organizations recommend **250-500mg of EPA and DHA per day for adults**

+++ There are **3 ways** to add more EPA and DHA to your diet: +++



**Eat fatty fish, like salmon, tuna or sardines**



**Take an omega-3 supplement**



**Consume foods fortified with EPA and DHA**

