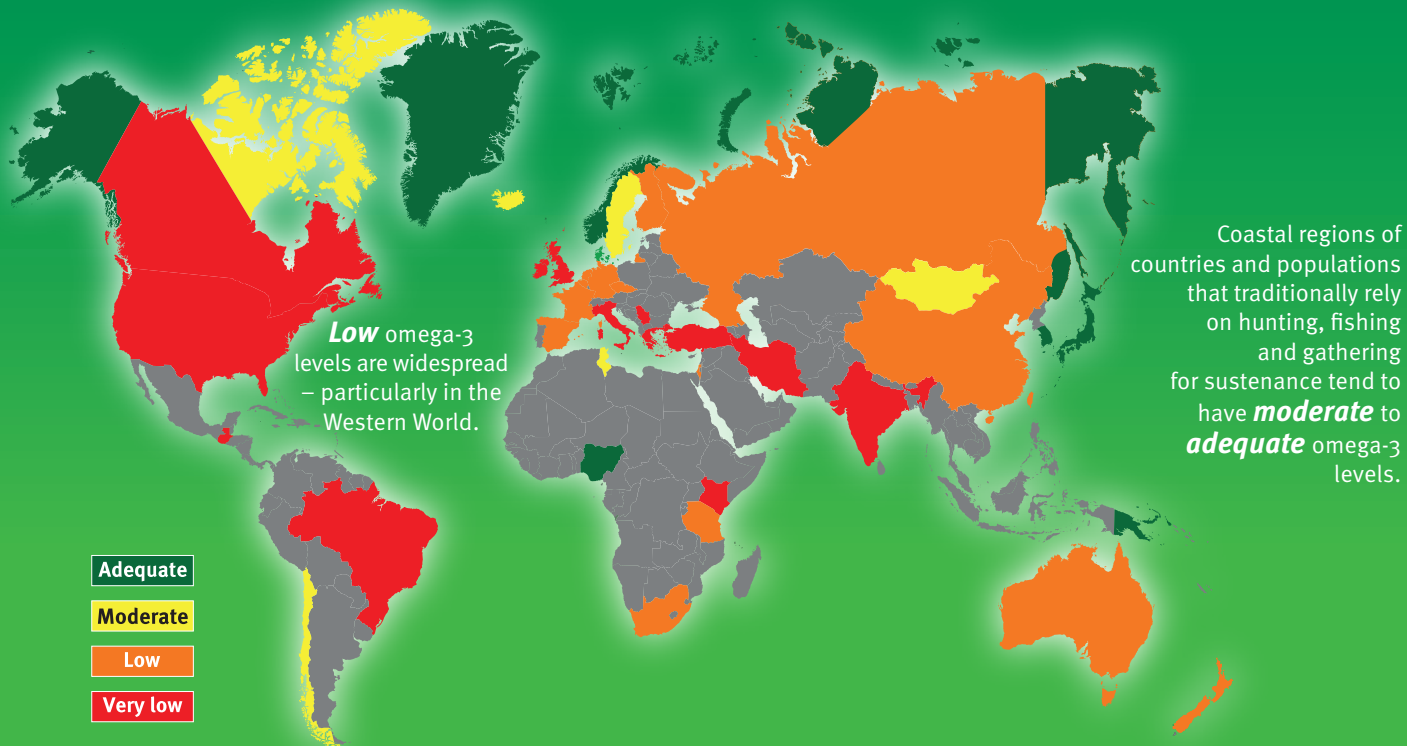


GLOBAL OMEGA-3 STATUS MAP SHOWS LOW LEVELS FOR MOST OF THE WORLD



BENEFITS OF OMEGA-3 FATTY ACIDS: CARDIOVASCULAR HEALTH

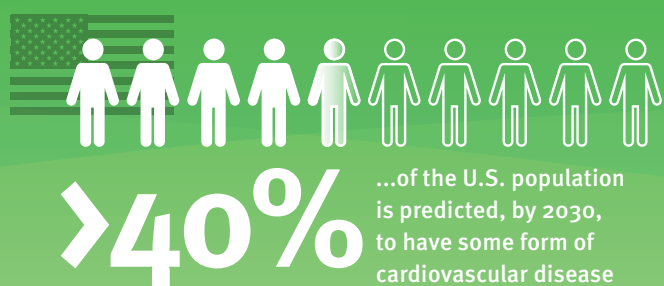
✓ **MAY REDUCE MORTALITY** in 'at risk' patients including a therapeutic role



✓ **REDUCES MANY RISK FACTORS OF HEART DISEASE INCLUDING:**

- ✓ Blood pressure
- ✓ Vascular function
- ✓ Inflammation
- ✓ Platelet reactivity and thrombosis
- ✓ Plasma triglyceride concentrations
- ✓ Heart rate and heart rate variability

POTENTIAL IMPLICATIONS OF LOW OMEGA-3 INTAKE ON INDIVIDUAL AND PUBLIC HEALTH



Most cardiovascular conditions can be prevented by addressing behavioral risk factors, such as a healthy diet.

3 SIMPLE WAYS TO IMPROVE YOUR OMEGA-3 LEVEL

1 Increase your level of omega-3 fatty acids through consumption of **fatty fish**, such as salmon



2 Foods **fortified** with omega-3 fatty acids are a convenient way to ensure an adequate level can be achieved



3 Omega-3 **supplements** may complement, and are a safe and inexpensive link to a healthier life



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