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**American Heart Association Issues First-Ever Statement for Management of Triglycerides that Includes Intake Recommendations for Omega-3 EPA and DHA**

DARTMOUTH, NS, May 2/CNW/ - The American Heart Association (AHA) recently issued its first ever statement on triglyceride management that includes recommendations for Omega-3 EPA/DHA intake. Elevated triglyceride levels have long been associated with cardiovascular disease (CVD). According to the AHA more than 31% of the United States population has borderline high triglyceride levels. Furthermore, AHA's 2006 statistical data estimates that 81,100,000 people in the United States have one or more forms of cardiovascular disease, claiming 831,272 lives in that same year.

In conjunction with other important lifestyle changes, the AHA recommends 0.5 - 1g of Omega-3 EPA and DHA for individuals with borderline fasting triglyceride levels (150-199mg/dL), 1 - 2g for individuals with high fasting triglyceride levels (200-499mg/dL), and 2 - 4g for individuals with very high fasting triglyceride levels ( $\geq 500$ mg/dL). The AHA has also previously recommended that normal healthy individuals consume a variety of fish (preferably oily), and a daily intake of 1g of Omega-3 EPA and DHA for patients with documented coronary heart disease.

The recent statement issued by AHA is a very positive step for improving consumers' understanding of the role of triglycerides in CVD management. Although awareness of the health benefits of Omega-3 is very high among consumers, many still do not understand the different forms of Omega-3 (EPA, DHA and ALA), or the health benefits of each.

It is important for consumers to understand that fish provides both EPA and DHA, whereas most algae sources provide only DHA. Furthermore, while ALA is an essential fatty acid, many of the reported health benefits associated with Omega-3 have been the result of supplementation with EPA and DHA. While the body can theoretically convert ALA into EPA and DHA, the actual conversion rate is very low. In fact, many studies suggest that the conversion rate can be as low

as 1% or less. As such, fish, fish oil supplements, and food products fortified with fish oil are the best sources of Omega-3 for consumers.

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**About Ocean Nutrition Canada Limited (ONC):**

Ocean Nutrition Canada Limited (ONC) is a privately held company, whose major shareholder is Clearwater Fine Foods Incorporated. Clearwater Fine Foods Incorporated is a diversified holding/investment company whose significant holdings include a controlling interest in Clearwater Seafood's Limited Partnership, the world's largest integrated shellfish harvester and processor.

ONC is the world's largest supplier of Omega-3 EPA/DHA ingredients from fish oil, marketed into the dietary supplement and food manufacturing markets. To date, MEG-3<sup>®</sup> ingredients have been included in over 96 billion servings of food and supplement products worldwide. For more information about ONC, please visit [www.ocean-nutrition.com](http://www.ocean-nutrition.com), and for information on the health benefits of Omega-3 EPA/DHA please visit [www.meg-3.com](http://www.meg-3.com).

**About Omega-3:**

Omega-3 is a family of essential fatty acids (EFA), including EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Oily fish (such as sardines, anchovies, mackerel, and salmon) are the major known natural sources of Omega-3 EPA/DHA. ALA is found in plants, such as flax and chia. It is important to note that EPA and DHA are the primary contributors of the many health benefits associated with Omega-3. While the body can convert ALA into EPA/DHA, it does so very inefficiently (typically less than 1%), making it difficult to derive Omega-3-related health benefits from plant-sourced ALA. Furthermore, although Omega-3 EPA/DHA is important to overall good health, the human body is not able to produce sufficient quantities on its own, so supplementation is required, either by eating oily fish or foods fortified with Omega-3 EPA/DHA, or by taking fish oil supplements. Learn more about the health benefits of Omega-3 EPA/DHA at [www.meg-3.com](http://www.meg-3.com).