The DHA/EPA Omega-3 Institute was founded to help educate health professionals and the public about the physiologically-essential nutrients - docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA). These types of omega-3 fatty acids are most commonly found in fish, seafood, and other marine sources.

Dr. Bruce Holub Bio:

Dr. Holub is University Professor Emeritus, Department of Human Health & Nutritional Sciences at the University of Guelph. He received his B.Sc. degree from the University of Guelph (1967) and his Ph.D. (Major in Biochemistry with Minor in Nutrition) from the University of Toronto (1971). Dr. Holub received Post-doctoral training as an MRC Fellow at the University of Michigan Medical School. He has served as President, Nutrition Society of Canada and Chair, Nutrition Task Force (Heart & Stroke Foundation of Ontario). He has authored over 200 papers in scientific journals (medical, nutrition, other) in addition to various book chapters and conference proceedings. His research program is focused on dietary omega-3 fatty acids from fish/fish oils, plant oils, and resulting nutraceuticals plus functional foods for human health and the prevention/management of cardiovascular disease and other chronic disorders.

As well, he has been active in the evaluation of nutraceuticals and agri-foods for improving human health, disease prevention and management, and their potential for considerable cost-savings to the healthcare system. He has also been studying the composition and health risks associated with foods containing 'trans' fatty acids. Dr. Holub also maintains active
collaborative research with clinical groups at various Canadian medical schools, the Mayo Clinic in the United States, Japan, Greenland, and the agri-food sectors.

Dr. Holub has spoken at over 300 off-campus events (invited speaker-to universities, international conferences, food companies, medical groups, government agencies, lay groups) in over 15 countries. Dr. Holub has over 30 appearances on national TV in Canada (national news on CBC, CTV, Global, in addition to talk shows including 'Marketplace', 'Michael Coren Live', '2nd Opinion', 'Medical Hotseat', and others). Dr. Holub has given over 200 interviews for various newspapers in Canada and the U.S. (Globe and Mail, Toronto Star, National Post, Montreal Gazette, Hamilton Spectator, etc) and magazines (Men's Health, Prevention Magazine, Chatelaine, McLean's, etc).

Recent selected publications:


DHA/EPA Omega-3 Institute Team:

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Scientific Director
Steve Holub, M.A.
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Laura Holub, M.Sc.
Contact Information:

If you would like to ask Dr. Holub an omega-3 related health question or if you would like to contact the DHA/EPA Omega-3 Institute (within the University of Guelph Research Park) for business related matters, please contact Dr. Holub directly via email at bholub@uoguelph.ca or via phone at (519)-824-4120 (ex. 53743). We can also be reached via standard mail at the following address:

**DHA/EPA Omega-3 Institute**
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Requests for information regarding lipid/fatty acid analyses can be obtained from Mr. Andrew Jenkins, Director of the Lipid Analytical Lab (LAL) via email at lipid@bellnet.ca or via phone at (519)-766-1510.