

Dear MM,

Various health agencies throughout the world have advised an increase in the consumption of DHA/EPA omega-3 fatty acids so as to obtain intakes for optimal health approaching approximately 500 mg per day with some groups (such as the American Heart Association) advocating 900 mg or 1g per day in people with coronary heart disease. Since 1990, Health Canada has recommended that 0.5% of the total calories should be consumed as omega-3 fatty acid in the form of alpha-linolenic acid and, very recently, Australia and New Zealand have officially recommended the added intake of long-chain omega-3 fatty acids (combined DHA+EPA+DPA) in addition to alpha-linolenic acid. These latter recommendations are for optimal health and are not qualified by any recommendation to consult a physician. The recommendations from Australia and New Zealand can be accessed via our website under 'Read More Archived News Here' on our home page. Of course, consultation with a physician and/or other medical professionals is always advised in those with a medical condition.