

### *Supplementation with Omega-3 Fatty Acids Prevents Cardiovascular Disease: Effects are Dependent on Supplementation with Sufficient Amounts*

Bernasconi et al. (2020) Effect of Omega-3 Dosage on Cardiovascular Outcomes: An Updated Meta-Analysis and Meta-Regression of Intervention Trials. Mayo Clin Proc Sep 17:S0025-6196(20)30985-X.

#### QUOTE BOARD:

"Conclusion: The current study presents strong evidence that EPA + DHA supplementation is an effective strategy for the prevention of certain CVD outcomes, and that for CVD events and MI the protective effect appears to increase with dosage. "

"Considering the relatively low costs and side effect profiles of omega-3 supplementation and the low drug-drug interactions with other standard therapies used in primary and secondary CVD prevention, clinicians and patients should consider the potential benefits of omega-3 (EPA/DHA) supplementation, especially using 1000 to 2000 mg/day dosages, which are rarely obtained in most Westernized diets, even those including some routine fish consumption."

#### What You Need to Know:

Cardiovascular Disease is a disease of chronic inflammation and it remains the leading cause of death in industrial society.

Deficient intake of omega-3 essential fatty acids, and vitamin D, leads to chronic inflammation and significantly increases risk of inflammatory diseases such as heart disease, cancer, irritable bowel syndrome, Crohn's' disease, and arthritis, and to hyper-inflammatory reactions to respiratory viral infections leading to acute respiratory distress syndrome - the leading cause of death from Flu and COVID-19.

Hyper-inflammation is deadly and one of the primary causes is deficient intake of essential nutrients which are required by the biological inflammation regulatory pathways to properly control and regulate inflammation.

Supplementation with sufficient omega-3 fatty acids and vitamin D is a safe, effective, health promoting prevention strategy that should be universally implemented.

#### What You Need to Do:

You need to ensure sufficient daily intake of omega-3 fatty acids and vitamin D. Innate Choice OmegA+D Sufficiency contains the perfect sufficient amounts of omega-3 and Vitamin D.

To order Innate Choice<sup>®</sup> ask your practitioner or visit [www.innatechoice.com](http://www.innatechoice.com).