



DHA contributes to optimal neuron and memory function in older adults.^[1]



DHA plays an important role in visual function throughout life.^[2,3]



EPA and DHA omega-3s may help maintain healthy blood pressure^[4] and healthy triglyceride levels.^[5]



As a matter of fact, EPA and DHA are needed in every cell of the body.^[6]



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Health professionals **recommend** a minimum of **250mg to 500mg of EPA+DHA per day** for adults. Eating **two servings of fatty fish per week** or taking a **daily omega-3 supplement** can help reach this goal.^[7]

Sources: <http://bit.ly/agingDHA>