

Can **omega-3s** help **reduce the risk of heart attacks** and **CHD**?



The Vitamin D and Omega-3 Trial (VITAL) studied the impact of EPA & DHA omega-3s on 25,000 healthy subjects

28%

reduced risk of **HEART ATTACKS***

17%

reduced risk of **CORONARY HEART DISEASE (CHD)****

The results strengthen the argument that **omega-3s may reduce the risk of heart attack and CHD** in those without cardiovascular disease.

Findings at <http://bit.ly/VITALresults>

*statistically significant secondary outcome **statistically significant

