• Brain and heart disorders resulting from LC-Omega-3 (EPA+DHA) deficiency are the biggest challenges to the future of humanity
  – Associated costs are currently bankrupting health care systems and threatening wider economic instability worldwide.

• Tissue concentrations of LC-Omega-3 (relative to LC-Omega-6) are the key variable for health – not dietary intakes.
  – Biomarkers need to be standardised and used as public health targets
  – Omega-3 Index 8-11, Omega-3 in HUFA 50%+ would protect 98% of population

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• Dietary intake of >1000mg LC-Omega-3 needed if consuming 
western-type diet (but this depends on dietary % LA vs ALA, and 
ARA.)
  – Most people fall far short of these basic needs
• Shorter-Chain Omega-3 (ALA, SDA and EPA) have poor conversion 
to DHA in humans
• To make tissue targets feasible, we urgently need to
  – Reduce LA and increase ALA in human and animal diets
  – Increase the availability of LC-Omega-3 (especially DHA) for human 
    consumption in a sustainable, environmentally responsible way
• EDUCATION of all stakeholders is key to achieving these changes

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