# Concordix®

The innovative nutrient delivery system, the way Mother Nature intended.



## health & wellness

It seems only fitting that Norway, the land that brought cod liver oil to the world, would develop the preeminent delivery system for Omegas.



# our Norwegian heritage

Over the centuries, the Norwegian people have had a strong connection with the sea. Their ancestors have passed on the knowledge that the oceans are a source of well-being for the mind, body, and soul. This ancient wisdom has been confirmed by current research.

The ocean provides a wealth of vital nutrients. Norwegian culture encourages the utilization of sea nutrients to support a healthy body.

Norwegians are among the highest consumers of seafood and their sustainable harvesting methods provide a diet which includes plenty of fatty fish<sup>1</sup>. These fatty fish are rich sources of omega-3 oils.



# by Mother Nature

Research has proven the powerful health benefits of omega-3 oils during all life stages, from pregnancy to healthy aging<sup>2</sup>. Perhaps this is why Norwegians are considered the happiest people on earth!

But you don't have to live in Norway to receive the benefits of omegas. The sea can come to you, conveniently packaged as a ConCordix Smart Chew.



# Omega?

Omega fats are long carbon chain polyunsaturated fats (PUFA) that provide a source of fuel for the body. These important omega-3 fats have various health benefits and play a key role in hormone production, cell receptors, blood clotting, blood pressure, blood vessels, and heart rate<sup>3,4</sup>.

The 3 main omega-3 fatty acids are DHA (docosahexaenoic acid), EPA (eicosapentaenoic acid) and ALA (alpha-linolenic acid). DHA and EPA are found in algal oil or fatty fish such as tuna, mackerel, sardines, and salmon. ALA is found in plant oils such as flaxseed, chia seed and ahi flower.

Omega-3 fatty acids like DHA are an important building block for our brain and nervous system. Our brains are composed of 65% fat. DHA is the primary omega-3 found in the brain tissue<sup>5</sup>. The 3rd trimester of gestation is the time in which the majority of DHA accumulates in the brain. DHA specifically targets and

is stored in brain grey matter<sup>6</sup>. Grey matter is highly metabolically active, processing information and releasing new information. Our brains are composed of 40% grey matter and 60% white matter, yet grey matter uses 2 to 3 times more oxygen than white matter<sup>7</sup>.

Studies indicate DHA deficiency may be associated with learning deficits, mood disorders and neurodegenerative disease<sup>8</sup>. There is growing evidence for DHA as an important nutrient for brain development and maintenance<sup>5</sup>.

Chia seed oil is a rich source of nutrients including healthy fats including ALA omega-3 and linoleic acid omega-6<sup>9</sup>. Chia also contains antioxidants such as caffeic acid, rosmarinic acid and quercetin. Chia promotes a healthy heart.

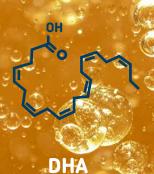
Northern Europeans have used Cod liver oil for centuries as a traditional remedy for stiff joints and muscles. It contains appreciable amounts of vitamin A, D, and omega-3 fatty acids which impart a multitude of health benefits, supporting immunity, vision and skin health 10,11.

## All the health

Omega DHA is vital for fetal and child development of the eyes and nervous system. It also is a key nutrient for maintaining heart, eye, brain, and mood health<sup>5,6</sup>.

Omega-3 EPA is an important nutrient for all life stages and contributes to a healthy heart and Brain and supports a healthy insulin response<sup>2,39</sup>.

Omega-3 ALA promotes heart health and is found abundantly in plant foods<sup>40</sup>.







OH

# benefits of Omega

#### Omega-3 DHA:EPA ratio

Marine oils have various DHA to EPA ratios. Ratios with higher DHA content are best for brain and eye health. Ratios with higher EPA are best for supporting cardio vascular health and healthy inflammatory response<sup>12</sup>.

#### Omega-6 fatty acids

Omega-6 fatty acids are polyunsaturated long chain fatty acids and are considered essential. Omega-6 fatty acids play an important part in healthy immune inflammation. Plant derived LA (Linoleic acid), GLA (gamma-linolenic acid), and animal derived AA (arachidonic acid) are all examples of omega-6 fatty acids. Primrose oil, borage oil and ahi flower are excellent sources of LA and GLA which are important for skin and heart health <sup>13,14</sup>.

Ahi flower oil contains the most complete plant source of omega-3 and omega-6 fats. Ahi also has high levels of stearidonic acid and GLA. Ahi supports the body's own production of EPA, promoting not only skin and heart health, but also a healthy inflammatory response<sup>15</sup>.

## Omega-9 fatty acids

Omega-9 fatty acids are monounsaturated and contain only 1 double bond. Oleic acid is the most

common omega-9 fatty acid and is found in avocados and olives. These fatty acids support skin, heart, and cognitive function. Oleic acid also contains antioxidant properties<sup>16</sup>.

#### Omega-6/Omega-3 balance

Because of the slight difference in placement of the unsaturated bond, omega-6 and omega-3 fatty acids have different physiological effects in our bodies. For example, DHA omega-3 competes with ARA omega-6 for a position on the cell membrane. People who ate a pre-industrial diet had an omega-6 to omega-3 ratio of about 4:1 to 1:4, most falling somewhere in between. The ratio today is 16:1, much higher than what people are genetically adapted to 17. Western populations are eating large amounts of processed seed and vegetable oils. Some of these oils are loaded with omega-6s. The technology to process these oils didn't exist until about 100 years ago, and people have not had time to genetically adapt to the high amounts of omega-6. The consumption of vegetable oils high in omega-6 has increased dramatically in the past 100 years. Scientists believe this may cause serious harm from an inflammatory perspective. It should be clear that not all Omega-6 is problematic<sup>18</sup>. It is the overwhelming quantities coming from processed and junk foods that creates imbalance.



Daily supplementation of omega-3 is important for a number of health concerns such as:

- Cardiovascular Disease
- Rheumatoid Arthritis
- Pregnancy
- Mood Disorders
- Cognitive Function
- Age-Related Macular Degeneration

# with Omega?

Pregnant women especially should be targeted for omega-3 supplementation due to the fact that DHA is a key component of cognitive and visual development in the fetus and infant<sup>6</sup>. The 2015-2020 Dietary Guidelines for Americans (DGA) advise that pregnant women should consume at least 250mg EPA & DHA per day<sup>41</sup>. Yet a 2018 study found that 100% of pregnant women fell below the 250mg/day recommendation<sup>41</sup>. Researchers have determined that DHA in human breast milk is among the lowest in the world for North American women which reflects a low marine diet<sup>42</sup>.

EPA and DHA recommended intake for European adults ranges from 250 to 500mg/day. A 2017 study found that 70% of German middle-aged women had an increased risk of heart disease due to low

omega-3 status<sup>19</sup>. In the US, heart disease is the leading cause of death in the US<sup>20</sup>. The American Heart Association recommends 1,000 mg of DHA+EPA for people with heart disease risk and 2,000 mg/day to lower triglycerides. Studies have found that 68% US adults and 95% of children do not meet Dietary Guidelines for Americans for DHA + FPA intake<sup>21</sup>. It has been estimated that North American children 3 years of age have an intake of just 16mg DHA/day compared to the 100mg DHA/ day recommended by the Food and Agriculture Organization of the United Nations<sup>22</sup>. Multiple studies have confirmed a suboptimal consumption of omega-3 fats in the diet of world populations<sup>23</sup>. This is exacerbated by the fact that our adipose tissue stores only minimal amounts of DHA and EPA.











Amercian Heart Association European Food Safety Authority Food and Agriculture Organization of the United Nations International Society for Study of Fatty Acids and Lipids American Academy of Pediatrics

Academy of Nutrition and Dietetics

# Discover the preeminent



# delivery system for Omegas

ConCordix is designed to deliver healthy oils in harmony with nature which truly optimizes health benefits. This unique chewable delivery system has allowed us

to accomplish multiple objectives.

So many, in fact, that we consider

ConCordix Smart Chews a health

supplement disruptor.



**Enhanced Absorption** 



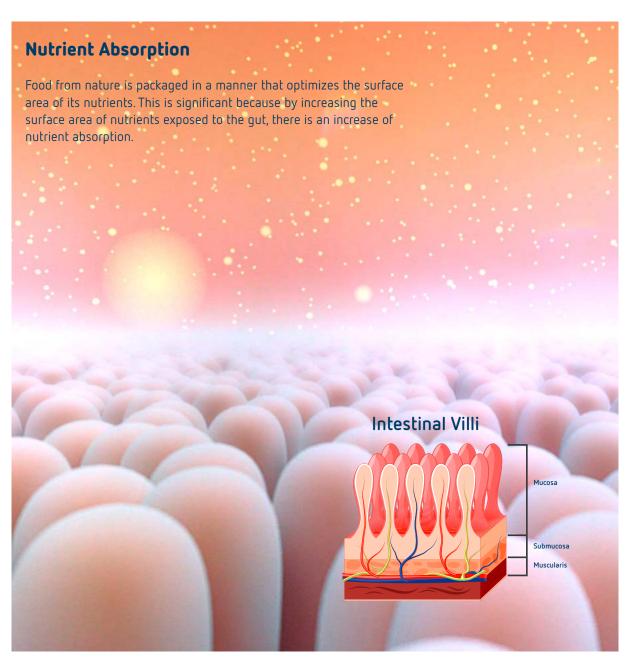
High Payload

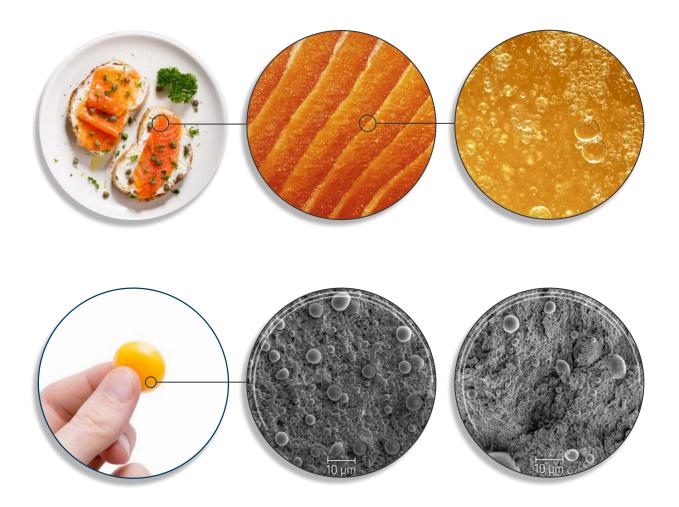


Sugar-Free



**Excellent Stability** 





## Inspired by nature

Salmon contains evenly distributed microscopic oil droplets which contain key nutrients ready to be delivered to our intestinal villi. We took a cue from nature and created a patented technology which packages lipid nutrients in billions of microscopic

oil droplets that are stabilized in an emulsion. This unique design is specific to our Smart Chews. ConCordix is unlike any supplement on the market due to this emulsification technology. Essentially, we removed the barriers of supplementation by mirroring how we naturally eat food.



## The healthy option

Children are at risk for high sugar consumption because their bodies biologically prefer sweets<sup>24,25</sup>. This makes sense because sugar satisfies the body's demand for calories to fuel growth spurts. The problem with refined sugar is that it provides empty calories, devoid of vital nutrients for a child's optimal growth and development. A preference for sweets does not decline until later in adolescence<sup>25</sup>. A child's early experience with flavors can affect their acceptance of nutritious foods. The American Academy of Pediatrics and the American Heart Association recommend a diet with limited sugar intake<sup>27,28</sup>. The World Health Organization (WHO) recommends that sugar consumption is no more than 10% of total energy intake<sup>29</sup>. Researchers have observed that a diet high in sugar is linked to cavities, obesity, cardiovascular disease, diabetes, metabolic syndrome, and fatty liver disease<sup>30</sup>. In adults, a high-sugar diet is associated with an increased risk of death from cardiovascular disease. In fact, it has been observed that people develop measurable cardiovascular disease markers after only a few weeks of high sugar consumption. The good news is that these health markers can also change course for the better on a low-sugar diet<sup>31</sup>.

## **Natural Flavors**

We take pride in creating a tasty flavor system that incorporates natural flavors and sweeteners. Because we are dedicated to health, no sugars are added. Instead, we use plant-based sweeteners which provide multiple health benefits. Our sugar-free flavor system addresses multiple health concerns such as dental care, weight-loss, and diabetes.

We employ a flavor system that is so effective that it successfully masks ingredients with unpleasant taste characteristics. Due to our unique ConCordix emulsification technology, our fish oil products do not display a fishy taste or cause an unpleasant fish reflux.

## **Compliance**

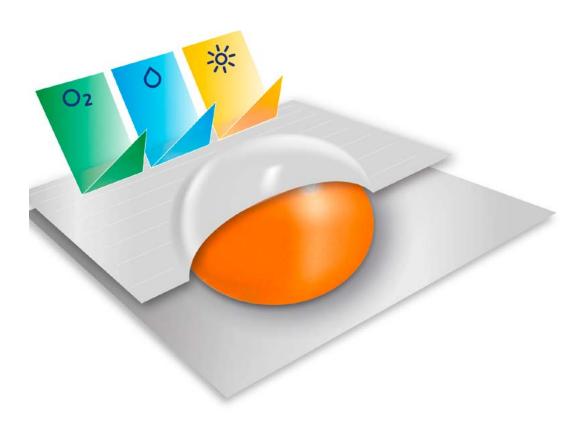
A testament to the satisfying flavor and ease of use of a ConCordix Smart Chew is evidenced in a study that shows a high compliance rate of 99%<sup>32</sup>. This same study found that 84% of parents chose the ConCordix Smart Chew as more desirable than a gummy for their children. The popularity of a chewable delivery system is growing in both adult and child populations. Parents can rest assured that they are providing a healthier, sugar-free yet tasty option for their children. Adults can achieve a consistent, daily supplementation due to the ease of consuming ConCordix Smart Chews.



## **Nutrient Stability**

We have meticulously developed validated test methods to quantify nutrient content and assess stability of active ingredients in our Smart Chews. This includes the B vitamins which can be challenging to test in various dosage forms. Our data shows excellent long-term nutrient stability in ConCordix Smart Chews resulting in minimal overage requirements when compared to gummies, soft gels, liquids, or powder applications.

We have designed packaging that is lightweight, sustainable, and convenient, perfectly designed for on-the-go lifestyle. Our thoughtful packaging is made from sustainable material that effectively protects nutrients from oxidation. Each dose is protected from exposure to humidity, light, and air until ready to be consumed.





# our concepts

The ConCordix product line offers a sea of possibilities. We have a number of concept formulations designed to capture all life stages and to address health concerns that have a high market demand. We have successfully combined healthy omegas, vitamins, and

minerals in various delicious flavors. Because we work hard, you can save time, energy, and cost. ConCordix only sources quality ingredients from trusted suppliers. We make excellent partners because of our high standards and continual improvement of our products.

#### Explanation icons

























kids/teenagers millenials

adult men adult women

seniors

plant-based marine-based sugar-free

high bioavailability

high payloads

serving



## Fortifying women's health

Women take on multiple roles and responsibilities which require the best nutrition. From a mother and caregiver to a mentor and leader, omega-3 fatty acids play a supporting role in a woman's health through every stage of her life. Omega-3 fatty acids are known to assist in a healthy pregnancy and fetal development.<sup>7,8</sup> Omega-3 also promotes healthy hair and skin, as well as having a beneficial effect on rheumatoid arthritis.<sup>34,35,36,37</sup>



















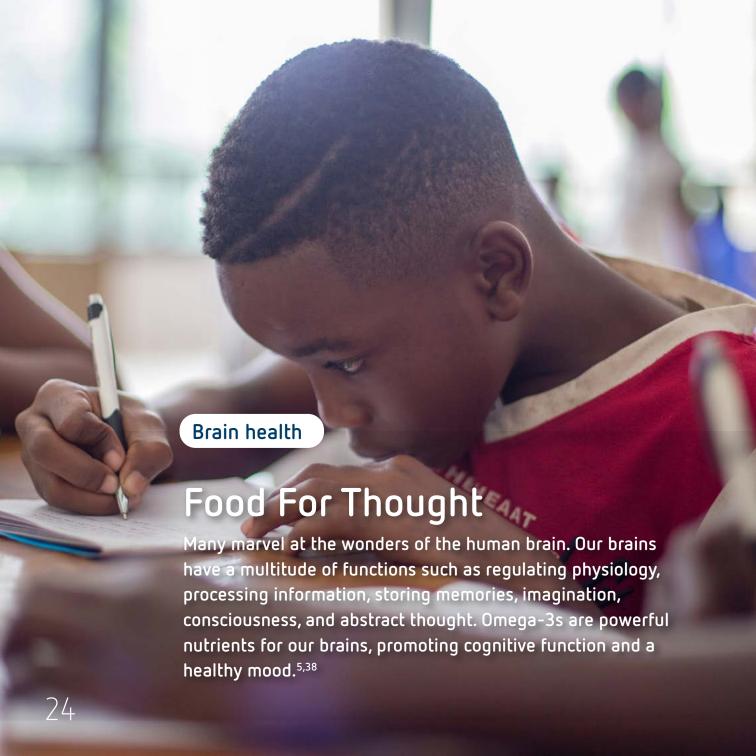




We formulated ConCordix Omega-3 & Folate PregnaVits with 6 key nutrients to support the nutritional needs of a pregnant women and her developing baby. Omega-3 fish oil & choline support fetal brain development, vitamin B9 & choline aid in neural tube development, and vitamin D promotes strong bones and teeth. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented technology.

Active ingredients	Dosage
Total Omega-3	362 mg
EPA	54 mg
DHA	270 mg
Choline	21 mg
Vitamin B9	400 mcg
Vitamin D3	10 mcg
Vitamin B12	2 mcg







































ALGAE OIL

Pure Focus Junior











We formulated Omega-3 Kids Development with 3 important ingredients to address the nutrient needs of a child's growth spurts. DHA is an important nutrient for a child's development of a healthy brain, eyes, and nerves. Vitamin D3 promotes a balanced immune system and strong teeth & bones. We only use high-quality Omega-3 DHA & EPA from sustainable sources that are certified by Friend of the Sea. Our sugar-free Smart Chews are delicious with no fishy taste or unpleasant fish reflux due to our patented technology. Our manufacturing significantly minimizes exposure to heat, maintaining nutrient integrity in omega-3 oils which are highly sensitive to oxidation. Furthermore, our packaging protects each dose from humidity, light and air oxidation until ready to be consumed. Tasty and easy, ConCordix Smart Chews are a fun way for children to take their supplements.

Active ingredients	Dosage
Total Omega-3	335 mg
EPA	50 mg
DHA	250 mg
Vitamin D3	5 mcg

## **Pure Focus Junior**

ConCordix Algae Oil Pure Focus Junior is an excellent source of DHA which is a heart-healthy nutrient. DHA is the most abundant omega-3 fatty acid found in the brain and retina. It is also a key nutrient in supporting a developing a healthy brain and cognitive function. We only use high-quality vegan algal DHA from sustainable sources that are certified by Friends of the Sea. Our sugar-free smart chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented ConCordix technology. Our manufacturing significantly minimizes exposure to heat, maintaining nutrient integrity in marine oils which are highly sensitive to oxidation. Tasty and easy, ConCordix Smart Chews are a fun way for children to take their supplements.

Active ingredients	Dosage
Algea Oil	125 mg









## **Teenagers Concentration**

We formulated ConCordix Omega-3 Teenagers Concentration with active ingredients to provide the nutrient needs for a teen's development of a healthy brain and cognitive function. During adolescence, the brain has a growth spurt in the prefrontal cortex which houses executive functions such as organizing, prioritizing, communicating, assessing risk, creative problem-solving and emotional control. Omega-3 and vitamin B12 play a key role in supporting healthy brain growth and cognitive function. Vitamin D3 aids in brain neuronal and glial tissue function. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friend of the Sea. .

Active ingredients	Dosage
Total Omega-3	335 mg
EPA	50 mg
DHA	250 mg
Vitamin D3	5 mcg
Vitamin B12	2 mcg

## Teenage Boost

We formulated ConCordix Omega-3 Teenagers Boost with DHA & EPA to provide the omega-3 nutrient needs for the growing teen. During adolescence, the brain has a growth spurt in the prefrontal cortex which houses executive functions such as organizing, prioritizing, communicating, assessing risk, creative problem-solving and emotional control. Omega-3 oils play a key role in supporting a developing a healthy brain and cognitive function. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented technology. Our manufacturing significantly minimizes exposure to heat, maintaining nutrient integrity in omega-3 oils which are highly sensitive to oxidation.

Active ingredients	Dosage
Total Omega-3	600 mg
EPA	148 mg
DHA	362 mg





















We formulated Omega-3 & Chia Clear Focus to address the nutrient needs of a child's healthy brain growth. DHA is an important nutrient for a child's development of a healthy brain, eyes, and nerves. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented ConCordix technology. Tasty and easy, ConCordix Smart Chews are a fun way for children to take their supplements.

Active ingredients	Dosage
Total Omega-3 from fish oil	335 mg
EPA	50 mg
DHA	250 mg
Total Omega-3 from Chia	53 mg
ALA	25 mg







































OMEGA-

Choline Brain









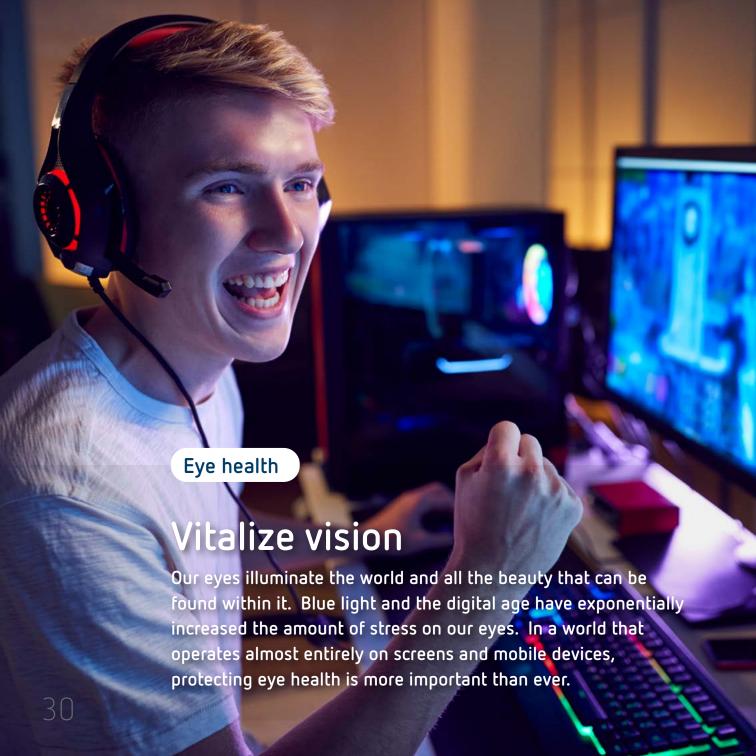
We formulated ConCordix Omega-3 Adult Strong with 3 key nutrients that support healthy aging. As we age, we may experience an increase in bone loss and a decrease in cognitive function. Vitamin D3 helps maintain healthy bones and omega-3 fish oil provides cognitive function support. There is no fishy taste or unpleasant fish reflux due to our patented technology. ConCordix manufacturing significantly minimizes exposure to heat, maintaining nutrient integrity in omega-3 oils which are highly sensitive to oxidation. Our packaging is sustainable, lightweight, convenient, perfectly designed for on-the-go lifestyle.

Active ingredients	Dosage
Total Omega-3	536 mg
EPA	286 mg
DHA	214 mg
Vitamin D3	10 mcg

## **Choline Brain**

We formulated ConCordix Omega-3 & Choline Brain with 8 key nutrients to address the needs of a child's healthy brain growth. DHA is an important nutrient for a child's development of a healthy brain, eyes, and nerves. Choline is a building block for the neurotransmitter acetylcholine. Vitamins B9, B6, & B12 aid in healthy neural brain development. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented technology. Tasty and easy, ConCordix Smart Chews are a fun way for children to take their supplements.

Active ingredients	Dosage
Total Omega-3	338 mg
EPA	50 mg
DHA	252 mg
Choline	41 mg
Vitamin B3	8 mg
Vitamin B6	1 mg
Vitamin B7	30 mcg
Vitamin B9	200 mcg
Vitamin B12	2 mcg











## **Vision Protect**

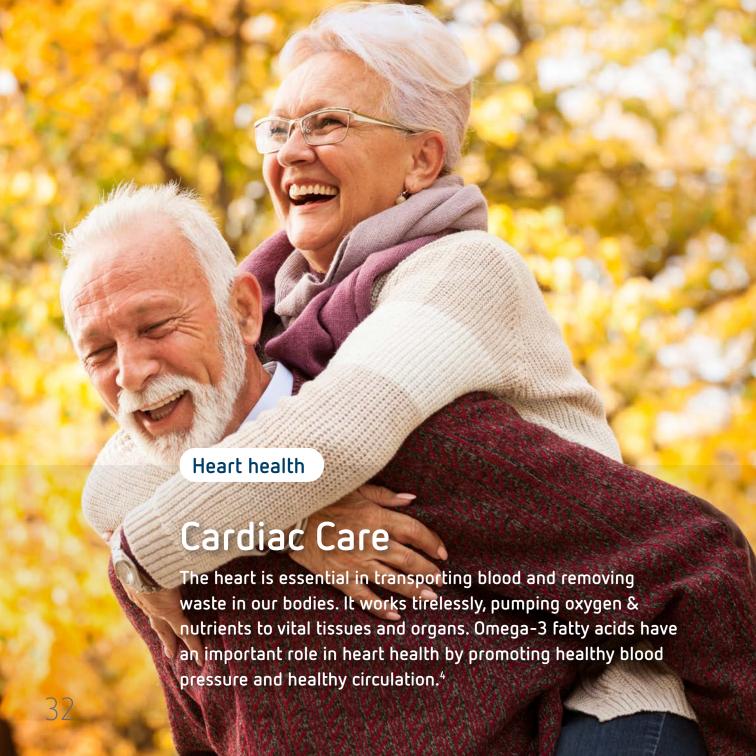
We formulated ConCordix Lutein Blue Light Safeguard to support eyes against damaging UV light from the sun or blue light emitted by phone & computer screens. Lutein & zeaxanthin are powerful antioxidants that target the retina of the eye and provide protection for the macula by filtering out damaging UV light. DHA is a key nutrient for the development of healthy eyes. We only use high-quality marine oils from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews are delicious and do not have a fishy taste or unpleasant fish reflux due to our patented technology. Tasty and easy, ConCordix Smart Chews are a fun way to take supplements..

Active ingredients	Dosage
Total Omega-3	336 mg
EPA	50 mg
DHA	250 mg
Lutein	5 mg
Zeaxanthin	5,4 mg

## **Bright Vision**

ConCordix Omega -3 Bright Vision is formulated with active ingredients that support eye health. DHA is an important eye nutrient and key for a child's development of healthy eyes. Lutein & zeaxanthin are carotenoids found in fruits and vegetables that have antioxidant properties. These powerful antioxidants target the retina of the eye to form the macular pigment. This pigment is essential for macular protection because it filters damaging UV light from the sun or blue light emitted by phone & computer screens. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented ConCordix technology. Tasty and easy, ConCordix Smart Chews are a fun way to take supplements.

Active ingredients	Dosage
Total Omega-3	283 mg
EPA	42 mg
DHA	212 mg
Lutein	5 mg
Zeaxanthin	1 mg











## **Healthy Heart**

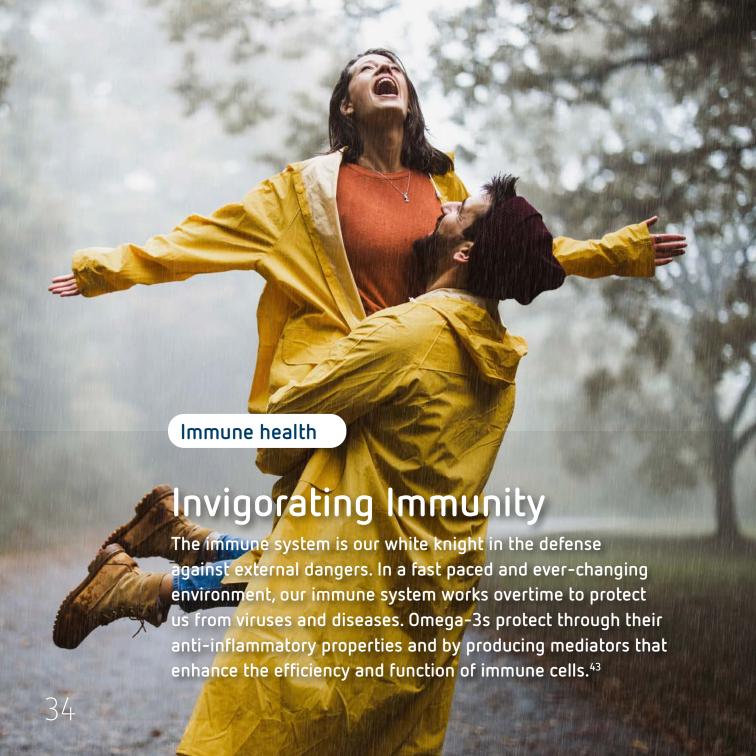
We formulated ConCordix Omega-3 & Choline Healthy Heart with 5 key nutrients to support a healthy cardiovascular system. Choline is an essential nutrient that plays in a role in cholesterol transportation in the liver. People with low choline diets may develop a fatty liver. Vitamins K2 and E support healthy blood vessels. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented technology. Our manufacturing significantly minimizes exposure to heat, maintaining nutrient integrity in omega-3 oils which are highly sensitive to oxidation. Furthermore, our packaging protects each dose from humidity, light and air oxidation until ready to be consumed.

Active ingredients	Dosage
Total Omega-3	302 mg
EPA	151 mg
DHA	101 mg
Choline	21 mg
Vitamin K2	45 mcg
Vitamin E	5 mg

## **Heart for Joints**

Healthy joints are important for an active lifestyle but can become more of a challenge as we age. We formulated ConCordix Omega-3 & K2 & D3 Heart for Joints with 5 key nutrients to support healthy joints. Omega-3 fish oil & vitamin D3 aids in healthy inflammation and vitamin K2 & D3 promote healthy bones. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews have a delicious flavor and do not have a fishy taste or unpleasant fish reflux due to our patented technology.

Active ingredients	Dosage
Total Omega-3	301 mg
EPA	150 mg
DHA	100 mg
Vitamin K2	45 mcg
Vitamin D3	10 mcg







































OMEGA-3

Kids Total Care











In our modern world, we are constantly exposed to stress and pollutants that can weaken our immune system. We formulated ConCordix Omega-3 & Multivits Strong Defense with 8 key nutrients to support a strong immune system. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented ConCordix technology.

Active ingredients	Dosage
Total Omega-3	301 mg
EPA	150 mg
DHA	100 mg
Vitamin A	400 mcg
Vitamin D3	10 mg
Vitamin E	5 mg
Vitamin B6	1 mg
Vitamin B9	200 mcg
Vitamin B12	2.5 mcg

### **Kids Total Care**

We formulated ConCordix Omega-3 & Multivits Kids Total Care with 12 active ingredients that support a healthy brain, a balanced immune system, eye health, and strong teeth & bones. We only use high-quality omega-3 DHA & EPA from sustainable sources that are certified by Friend of the Sea. Our sugar-free Smart Chews have a delicious flavor. There is no fishy taste or unpleasant fish reflux due to our patented technology. Tasty and easy, ConCordix Smart Chews are a fun way for children to take their supplements.

Active ingredients	Dosage
Total Omega-3	297 mg
EPA	44 mg
DHA	222 mg
lodine	30 mcg
Vitamin C	15 mg
Vitamin A	200 mcg
Vitamin E	5 mg
Vitamin D3	5 mcg
Vitamin B3	8 mg
Vitamin B6	0.7 mg
Vitamin B7	25 mcg
Vitamin B9	100 mcg
Vitamin B12	1.25 mcg









## **Immunity**

Immunity support is more important than ever in our day and age. We formulated Omega-3 & Vitamins with 4 key nutrients to promote a healthy immune system plus support healthy bones and arteries. Vitamin D3 supports and balances a healthy immune system. It also promotes strong bones. DHA and EPA assist the body's healthy inflammation response. Vitamin K2 aids in maintaining a calcium balance for healthy bones and arteries. We only use highquality marine oils from sustainable sources that are certified by Friends of the Sea. Our sugar-free Smart Chews are delicious and do not have a fishy taste or unpleasant fish reflux due to our patented technology.

Active ingredients	Dosage
Total Omega-3	301 mg
EPA	150 mg
DHA	100 mg
Vitamin K2	45 mcg
Vitamin D3	10 mcg



## **Corporate Responsibility**

Sustainability is embedded in our corporate culture and is integral to Vitux. Our aim is to achieve profitable, global growth, conserving energy and protecting natural resources, while acting with integrity, as outlined in our ethical quidelines. Vitux is aware of its corporate social responsibility towards its employees, customers, stakeholders, society and the environment. Hence, we support the United Nations sustainable development goals. We focus on goals of ocean stewardship, gender equality, education, health and global peace.









NO ARTIFICIALS quaranteed



NO SYNTHETICS



NON-GMO guaranteed



## Quality

We have a NSF-GMP, BRC and Friend of the Sea certified manufacturing facility, and carefully source the highest quality ingredients from trusted suppliers. Our excellent customer service with regulatory and marketing support ensures successful partnerships..







## Qualified Health Claims for Omegas

## FDA Qualified Health Claims

- "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."
- "Consuming EPA and DHA combined may help lower blood pressure in the general population and reduce the risk of hypertension. However, FDA has concluded that the evidence is inconsistent and inconclusive."
- "Consuming EPA and DHA combined may reduce blood pressure and reduce the risk of hypertension, a risk factor for CHD (coronary heart disease). However, FDA has concluded that the evidence is inconsistent and inconclusive."
- "Consuming EPA and DHA combined may reduce the risk of CHD (coronary heart disease) by lowering blood pressure. However, FDA has concluded that the evidence is inconsistent and inconclusive."
- "Consuming EPA and DHA combined may reduce the risk of CHD (coronary heart disease) by reducing the risk of hypertension. However, FDA has concluded that the evidence is inconsistent and inconclusive."
- "Research shows that consuming EPA and DHA combined may be beneficial for moderating blood pressure, a risk factor for CHD (coronary heart disease). However, FDA has concluded that the evidence is inconsistent and inconclusive."

## **EFSA Qualified Health Claims**

- "DHA and EPA contribute to the maintenance of normal blood pressure."
- "DHA and EPA contribute to the maintenance of normal blood triglyceride levels."
- · "DHA contributes to maintenance of normal brain function."
- "DHA contributes to the maintenance of normal blood triglyceride levels"
- "DHA contributes to the maintenance of normal vision."
- "EPA and DHA contribute to the normal function of the heart."
- "Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age."
- "Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age."
- "Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the fetus and breastfed infants."
- "Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the fetus and breastfed infants."
- Omega-9 Oleic Acid: "Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat"
- Omega-6 Linoleic Acid (LA): "Linoleic acid may help to maintain normal blood cholesterol concentrations"
- Omega-6 Linoleic Acid (LA) + Omega-3 Alpha Linolenic Acid (ALA):
   "Essential fatty acids are needed for normal growth and development of children"
- Omega-3 Alpha-Linolenic Acid (ALA): "Alpha-linolenic acid contributes to the maintenance of normal blood cholesterol concentrations"

The above claims are EFSA approved health claims based on conditional use. Full regulatory approval may differ depending on product, country, and region. Note that there are various global standards for scientific support and claims permitted. ConCordix is not liable for any misuse of the claims listed above. EFSA Journal 2011;9(4):2078

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