



Healthy Living

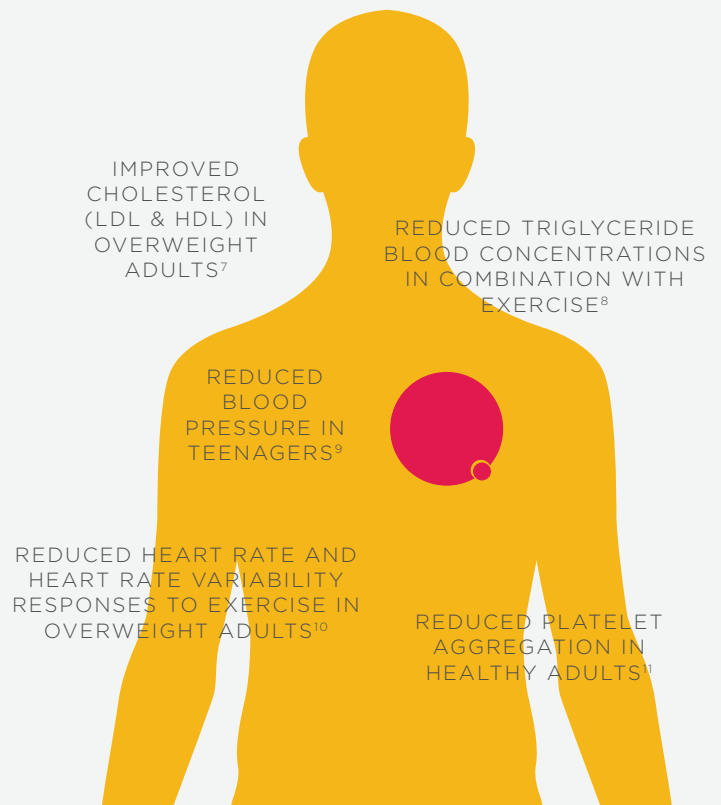
Nutritional beverages and foods

Healthy hearts, healthy living with high DHA beverages and foods

High DHA (docosahexaenoic acid) dietary supplementation has great benefits for general health, particularly for the heart and cardiovascular system. DHA is the most predominant Omega-3 fatty acid in myocardial membranes in humans¹ and elevates the Omega-3 Index more rapidly than EPA².

For the maintenance of normal heart function, the European Food Safety Authority (EFSA) recommends a daily intake of 250 mg of DHA in combination with EPA (eicosapentaenoic acid)³. The International Society for the Study of Fatty Acids and Lipids (ISSFAL) recommends a daily intake of at least 500 mg of EPA and DHA for cardiovascular health⁴. Maintenance of normal blood triglyceride levels may require higher consumption, and the EFSA supports the daily intake of 2g of DHA (in combination with EPA)⁵.

65% of recent studies showed that high DHA had positive effects on the heart and reduced the risk of sudden cardiac death⁶. High DHA studies were associated with:



Nu-Mega™ Ingredients high performance DHA oils and powders enable higher fortification of food and beverages, with up to 350 mg of DHA per serve.

Nu-Mega™ is a world leader for microencapsulating high Omega-3 DHA. Its ground-breaking products, including Driphorm® HiDHA® 360 from fish oil, vegetarian DHA option Driphorm® SCO DHA-S 50 and vegan option Driphorm® HA DHA-S 30 offer:

- Ultra-high DHA levels (Driphorm® HiDHA® 360 contains three times more DHA from fish than comparable products)
- Higher fortification rates of up to 350 mg of DHA per serve with no negative sensory impact
- Remarkable 24 month shelf life at ambient temperature
- Excellent sensory profile
- Multiple product development opportunities for nutritional foods and beverages including gummies, beverages, bakery and dairy products
- Key accreditations for worldwide applications
- Organic input certification
- All ingredients non-GMO by origin
- Halal certified.



Nu-Mega™ Ingredients a global research leader in high DHA fish oils

Nu-Mega™ Ingredients is internationally recognised for its collaboration with research institutions into the scientifically validated benefits of high DHA fish oils. In 2018, a critical review *How does high DHA fish oil affect health? A systematic review of evidence*⁶ was driven by Nu-Mega™ Ingredients' research and development team and published in the globally prestigious Food Science and Nutrition journal.

In what is the first major review of DHA research studies in nearly 20 years, the review focused on 113 studies published since 2000 into the effects of high DHA. These studies showed positive DHA outcomes for the heart, brain and other medical aspects.

The studies used fish oil requested from a number of international suppliers.

Nu-Mega™ Ingredients was the largest supplier, with 40% of trials using Nu-Mega™ Ingredients' HiDHA® fish oil. However Nu-Mega™ Ingredients had no influence on the design, outcome or publication of the studies.

¹Omega-3 fatty acids in cardiac biopsies from heart transplantation patients correlation with erythrocytes and response to supplementation. Harris, W.S., et al. *Circulation*. 2004.
²Supplementation with high-dose docosahexaenoic acid increases the Omega-3 Index more than high-dose eicosapentaenoic acid. Allaire, J., et al. *PLEFA*. 2017. ³EFSA Panel on Dietetic Products, N. and Allergies, Scientific Opinion on the substantiation of health claims related to docosahexaenoic acid (DHA) and maintenance of normal (fasting) blood concentrations of triglycerides (ID 533, 691, 3150), Regulation (EC) No 1924/2006. *EFSA Journal*. 2010. ⁴Recommendations for intake of polyunsaturated fatty acids in healthy adults. ISSFAL. June 2004. ⁵EFSA Panel on Dietetic Products, N. and Allergies, Scientific Opinion on the substantiation of health claims related to docosahexaenoic acid (DHA) and maintenance of normal (fasting) blood concentrations of triglycerides (ID 533, 691, 3150), Regulation (EC) No 1924/2006. *EFSA Journal*. 2010. ⁶How does high DHA fish oil affect health? A systematic review of evidence. Ghasemi Fard, S., et al. *Crit Rev Food Sci Nutr*. 2018. ⁷Combining fish-oil supplements with regular aerobic exercise improves body composition and cardiovascular disease risk factors. Hill, A.M., et al. *The American Journal of Clinical Nutrition*. 2007. ⁸Dose-dependent effects of docosahexaenoic acid-rich fish oil on erythrocyte docosahexaenoic acid and blood lipid levels. Milte, C.M., et al. *British Journal of Nutrition*. 2008. ⁹Effects of fish oil supplementation on markers of the metabolic syndrome. Pedersen, M.H., et al. *The Journal of Pediatrics*. 2010. ¹⁰Docosahexaenoic acid-rich fish oil improves heart rate variability and heart rate responses to exercise in overweight adults. Ninio, D.M., et al. *British Journal of Nutrition*. 2008. ¹¹Effects of omega-3 polyunsaturated fatty acids on platelet function in healthy subjects and subjects with cardiovascular disease. McEwen, B.J., et al. *Seminars in thrombosis and hemostasis*. 2013.

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