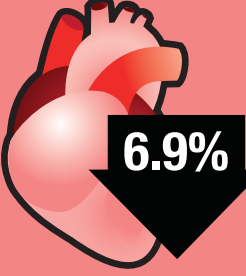


# Omega-3 Dietary Supplements and Coronary Heart Disease (CHD)

A new economic report shows that taking specific dietary supplements can provide significant individual and societal healthcare savings, by reducing the number of hospitalizations and other costly medical events associated with chronic diseases. This infographic demonstrates the cost savings that can be realized through the utilization of omega-3 dietary supplements among all U.S. adults over the age of 55 with Coronary Heart Disease (CHD).



### Relative risk reduction

**6.9%**

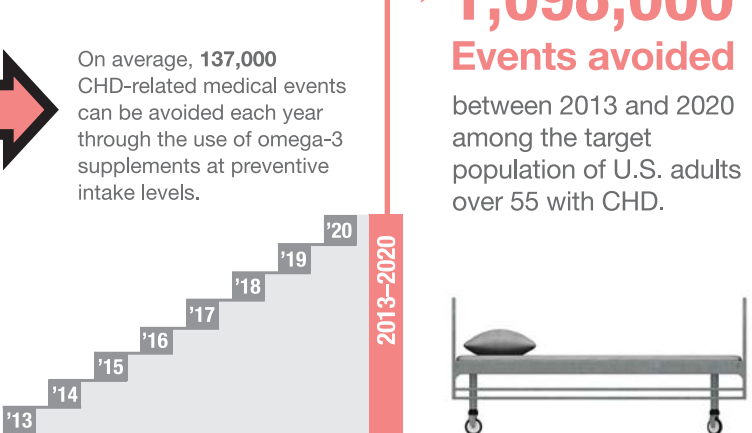
Taking omega-3 supplements at preventive intake levels can reduce the risk of having a CHD-related medical event.


On average, **137,000** CHD-related medical events can be avoided each year through the use of omega-3 supplements at preventive intake levels.

**1,098,000** Events avoided

between 2013 and 2020 among the target population of U.S. adults over 55 with CHD.

**How omega-3 works** Known as the “good fats,” omega-3 fats are needed in order to survive, but we cannot produce them on our own. Therefore we must obtain these fats through diet and supplementation. Omega-3 fats are essential for heart health and can reduce the risk of heart disease by lowering triglycerides and supporting healthy blood flow.





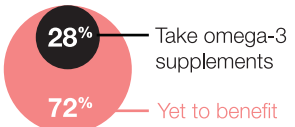
### Potential savings

Between 2013 and 2020, CHD-related medical event costs will average nearly \$78 billion annually. The use of omega-3 dietary supplements at preventive intake levels by the targeted population of U.S. adults 55+ who have CHD can reduce those costs.

	AVERAGE ANNUAL (2013–2020)	CUMULATIVE (2013–2020)
<b>Avoided expenditures</b> with supplementation	<b>\$2.1 billion</b>	<b>\$16.5 billion</b>
<b>Net savings</b> after cost of supplements	<b>\$485 million</b>	<b>\$3.9 billion</b>
<b>Savings yet to be realized</b> if targeted population takes omega-3s at preventive intake levels	<b>\$349 million</b>	<b>\$2.8 billion</b>

### The opportunity

Though omega-3s are used by 28% of U.S. adults 55+, 72% of U.S. adults 55+ are not taking omega-3 supplements. There are still cost savings yet to be realized through the increased usage of omega-3 supplements among the target population.



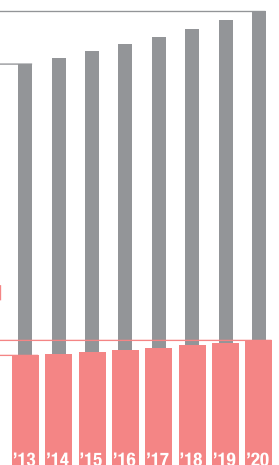

### CHD's human toll

The number of U.S. adults over 55 with CHD is expected to rise 13% between 2013 and 2020.

**Adults over 55 with CHD**


19.5 Mil.
17.3 Mil.
5.5 Mil.
4.9 Mil.

Portion who will be hospitalized

**25¢**  
Daily cost

Median cost at preventive intake levels, 2013



**16%**  
Event rate

% of targeted population that will experience a medical event

### Preventive Intake Level

Frost & Sullivan identified a preventive level based on their meta-analysis of scientific studies included in this economic report.

Consumers who are interested in the findings of this economic report should talk about smart prevention with their health care practitioners to determine which dietary supplements at which intake levels may be appropriate for them.

**Omega-3**

**1,000 mg.**

Preventive intake level for adults 55 and over

**Notes:** Numbers have been rounded. Exact numbers can be found in the full report.  
**Sources:** Smart Prevention—Health Care Cost Savings Resulting from the Targeted Use of Dietary Supplements—Frost & Sullivan, [www.frost.com](http://www.frost.com); Event rate data from the Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).