

American Heart Association Releases New Guidelines for Preventing Cardiovascular Disease in Women: Recommends between 850-1000 mg EPA and DHA

The American Heart Association released the [2007 Guidelines for Preventing Cardiovascular Disease in Women](#) , Published 2-19-2007 in *Circulation: Journal of the American Heart Association*. Last issued in 2004, the AHA Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women have been updated to reflect important recent research related to cardiovascular event prevention in women, such as the Women's Health Study (2005), to assist healthcare providers in preventing initial or recurrent heart attacks and recurrent strokes. Highlights of the Guidelines include expanded recommendations on lifestyle changes to help manage blood pressure including weight control, increased physical activity, alcohol moderation, sodium restriction, and an emphasis on eating fresh fruits and vegetables and low fat dairy products.

The Guidelines provided specific guidance on omega-3 fatty acid intake, recommending the consumption of fatty fish at least twice a week, and to consider taking a capsule supplement of 850-1000 mg EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in women with heart disease, two to four grams for women with high triglycerides.

As Calgenex customers know, each serving of Omeganol™ contains over 900 mg of Omega-3 fatty acids, providing the AHA recommended dose. In addition, the Guidelines recommend keeping LDL or bad cholesterol under 100 if at high risk of heart disease and under 70 if at very high risk. Omega-3s have not been shown to have a significant effect on cholesterol, so many doctors turn to drugs or combinations of drugs to reduce LDL.

However, in addition to containing the AHA recommended dose of Omega-3s, Omeganol also contains delta and gamma Tocotrienols extracted from palm fruit, that have been shown to lower LDL via down regulation of HMG-CoA reductase, which is the rate-limiting enzyme involved in cholesterol synthesis in the liver.² This is a similar mechanism by which the specialized group of drugs called “statins” work.

Manufactured by Calgenex, Omeganol is the first dietary supplement to combine the [triglyceride-lowering](#) properties of omega 3s with the [cholesterol balancing](#) activity of tocotrienols.* Which means Omeganol delivers double-protection to your heart.*

1. Citing: 2007 Guidelines for Preventing Cardiovascular Disease in Women, Published 2-19-2007 in *Circulation: Journal of the American Heart Association*

2. Pearce BC et al. Hypocholesterolemic activity of synthetic and natural tocotrienols. *J Med Chem.* 1992 Oct 2;35(20):3595-606. Bristol-Myers Squibb Pharmaceutical Research Institute, Wallingford, Connecticut 06492.