

AHA Recommendations for Omega-3 Fatty Acids Intake

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of (preferably oily) fish at least twice a week. Include oils and foods rich in α -linolenic acid (flaxseed, canola, soybean oils; flaxseeds; walnuts)
Patients with documented CHD	Consume ~1 gram of EPA+DHA per day, preferably from oily fish. EPA+DHA supplements could be considered in consultation with the physician
Patients needing to lower triglycerides	2 to 4 grams of EPA+DHA per day provided as capsules under a physician's care

Kris-Etherton PM, et al. *Circulation*. 2002;106:2747-2757.

Prescription Omega-3 Fatty Acids

EPA and DHA Ethyl Esters

- Omega-3-acid ethyl esters is a combination of ethyl esters of omega-3-fatty acids containing 465 mg EPA and 375 mg DHA in a 1-gram capsule
- Omega-3-acid ethyl esters is FDA approved for very high triglyceride levels (>500 mg/dL)
- The daily dose of omega-3-acid ethyl esters is 4 grams per day taken as a single 4-gram dose (4 capsules) or as two 2-gram doses (2 capsules given twice daily)

<http://www.pdr.net/full-prescribing-information?druglabelid=211>
Koski RR. *Pharm Thera*. 2008;33(5):271-303.

EPA and DHA Free Fatty Acids

- Omega-3-carboxylic acids are a fish oil-derived mixture of free fatty acids, with at least 850 mg of polyunsaturated fatty acids, including multiple omega-3 fatty acids (EPA and DHA being the most abundant)
- Omega-3-carboxylic acids are FDA approved for very high triglycerides (>500 mg/dL)
- The daily dose of omega-3-carboxylic acids is 2 grams (2 capsules) or 4 grams (4 capsules) once daily

http://www.accessdata.fda.gov/drugsatfda_docs/label/2014/205060s000lbl.pdf
Kastelein JJ, et al. *J Clin Lipidol*. 2014;8(1):94-106.

EPA Ethyl Esters Only

- Icosapent ethyl is a 96% pure ethyl ester of eicosapentaenoic acid (EPA)
- Icosapent ethyl is FDA approved for very high triglycerides (>500 mg/dL)
- The daily dose is 4 grams per day taken as 2 capsules twice daily

http://www.accessdata.fda.gov/drugsatfda_docs/label/2013/202057s002lbl.pdf
Bays HE, et al. *J Clin Lipidol*. 2012;6(6):565-572.