



Innate Choice
a Division of The Wellness Practice
1562 Fort St
Victoria, B.C. V8S 5J2
Canada

Online: www.innatechoice.com | Email: info@innatechoice.com
Toll Free: 1-877-563-8848 | Fax: 250-380-2681

How much Omega Sufficiency™ is required each day?

Exact daily requirements for EPA and DHA sufficiency are difficult to establish. Anthropological data indicates that our genetically identical preagricultural ancestors and the Nordic populations consumed significant amounts of EPA and DHA each day. Furthermore, these healthy peoples also consumed much less Omega 6 fatty acid from corn and soy which is now so prevalent in Western diets. As an example, aboriginal peoples of the Pacific Northwest often budgeted a full salmon per person per day for the winter months; this would equate to enormous amounts of omega-3 intake per day.

It is well established in the research that the ratio of Omega 6 to Omega 3 fatty acids in the human diet should be 1:1. It is also well established that due to the toxic levels of Omega 6 from the intake of grains and grain-fed meats and the deficient levels of Omega 3 consumption in today's diets this ratio is now as high as 20:1 and that this is significantly contributing to decreased health and increased illness in our society.

The increased amounts of stress and toxins as well as the decreased amounts of healthy nutrients and exercise further increase the daily requirements for EPA and DHA for today's humans.

In a recent 1998 study conducted by Eaton et al entitled "The return of n-3 fatty acids into the food supply." published in the World Review of Nutrition and Diet the authors estimated the daily EPA and DHA intake of pre-agricultural humans. They report that the average daily EPA and DHA intakes were approximately 390 mg/day and 270 mg/day respectively. Keep in mind, these humans were very small compared to modern humans so this worked out to an average daily EPA and DHA intake of 130 mg/day and 90 mg/day respectively per 40 lbs or 18 kgs of body weight.

Due to the enormous increase in Omega 6 consumption in today's diets from grains and grain-fed meats, the significant increase in toxins and decreases in other important nutrients and daily exercise levels, and to the increase in size of modern humans, these intake amounts would simply not be adequate to re-establish and maintain either sufficient requirements of EPA and DHA or the healthy 1:1 Omega 6 to Omega 3 ratio.

For this reason modern humans require daily intake of EPA and DHA at significantly greater amounts than pre-agricultural humans. Modern humans require EPA and DHA intake of approximately 370 mg/day and 240 mg/day respectively per 40 lbs or 18 kgs of body weight. This equates to 2 tsp of Omega Sufficiency® oil or 8 Omega Sufficiency® capsules for the average sized adult of 160 lbs or 73 kgs.

This is especially true for those who have not previously supplemented and who are thus very deficient in EPA and DHA and whose Omega 6:Omega 3 ratio will be highly skewed toward Omega 6 dominance.

After one year of supplementation, and if omega-6 grains and grain-fed meats are eliminated from the diet, it may be possible to retain sufficiency with 1 tsp per day.

