



DHA Omega-3 is a beneficial fatty acid that has been used as an additive in food products for decades. It is associated with a number of health benefits including support for brain, heart and eye health. Horizon products use *life'sDHA* from Martek, a 100% vegetarian, sustainable, non-GMO source of DHA made from algal oil.



Proven Safe

Martek's algal DHA has been used without any safety concerns in foods in Europe since 1993, and in the U.S. since 2002. It is an ingredient in nearly 100% of infant formulas and in 500 food and supplement products around the world.

- More than 64 million infants worldwide have been fed formula with Martek's DHA.
- Experts at leading medical institutions, research organizations, regulatory and government agencies across the world have noted that DHA is an important nutrient for health. These authorities include the World Health Organization, the European Food Safety Authority and the National Academy of Sciences. Regulatory agencies worldwide, including the United States Food and Drug Administration (FDA), have extensively and repeatedly reviewed DHA safety, and all agree with the conclusion that this ingredient is safe for use.
- Regulatory agencies worldwide, including the FDA, have reviewed extensively the specific DHA used in Horizon products (*life'sDHA* from Martek), and agree it is safe for use. In fact, *life'sDHA* was accepted as Generally Recognized as Safe (GRAS) by the FDA nearly a decade ago.
- DHA has been evaluated for more than 15 years in over 100 pre-clinical studies, and in over 100 human clinical studies, 31 of which involved infants. Those studies involved DHA from a variety of sources; many specifically evaluated Martek's algal DHA. In total, they create an impressive database that establishes the safety of DHA.

Proven Effective

DHA is important for supporting brain, heart and eye health throughout life, including in the first years of life and for young children. Unfortunately, the typical American diet may not provide the recommended levels of DHA.¹

- Experts recommend that pregnant and nursing women get 200–300mg of DHA daily;² however, on average, pregnant women in the United States get only 60–80mg each day, making the availability of DHA-supplemented foods important for this population.
- Studies have shown that women who received DHA supplementation while nursing have higher levels of DHA in their milk, and children of these women may have certain developmental advantages compared to infants whose mothers did not take a DHA supplement while nursing.³
- Studies in older children have demonstrated that DHA may help support brain development.⁴



- Children ages 1–5 years have been shown to have low DHA intake levels.⁵ This is because the main dietary sources of DHA are fatty fish and organ meats, which are not popular food choices for children. That’s why the availability of DHA-supplemented foods, especially those which children regularly consume, can make an important difference.
- In one study, 6-year-old children who were fed DHA and ARA-supplemented formula as infants were shown to have significantly lower blood pressure at age 6 than their counterparts who were fed non-supplemented formula, demonstrating that DHA may help support heart health.⁶

Compliant with Organic Standards

All Horizon DHA products are in compliance with the National Organic Program. In fact, on March 16, 2011, the USDA confirmed in writing that the DHA used in our products (*life’sDHA* from Martek) is approved for use in the production of organic foods.

Historical Context: Until recently, algal oil was considered an accessory nutrient and allowed for use under the National List “Nutrient Vitamins and Minerals.” This is how DHA, ARA, choline, taurine and a few other nutrients have historically been approved for use in organic products. A National Organic Standards Board (NOSB) recommendation from 1995 specifically referenced the compatibility of accessory nutrients such as DHA and organic foods.

In April 2011 the USDA took a new stance, announcing that algal oil did not, in the opinion of the current administration, undergo the correct formal petition process prior to its approval for use in organic foods. **It is important to note the USDA did not and has not questioned the safety of algal oil.** The USDA is merely reevaluating to ensure proper protocol is recognized to include algal oil as a material allowed in products that carry the USDA organic seal. In November 2011, the NOSB will vote on whether certain added nutrients, vitamins and minerals, including algal oil, can continue to be allowed in the production of organic foods.

Sustainable, Non-GMO and Made Without the Use of Hexane

life’sDHA from Martek (the DHA used in Horizon products) is more sustainable than fish-based DHA. It is made from a renewable algae resource, and does not contribute to over-fishing.



- As of 2006, 77% of the world’s fish stocks were considered fully exploited, overexploited or depleted. If current trends of overfishing and pollution continue, nearly all seafood populations could collapse by 2048, according to a report in the journal *Science*.⁷

life’sDHA is non-GMO, like all ingredients appropriate for use in organic foods.

- The DHA used in Horizon products is not made or processed with genetically-modified ingredients. The use of GMO ingredients is not permitted in organics.



The *life's*DHA used in Horizon products is not extracted using hexane.

- The DHA used in Horizon products neither contains nor is made with hexane, a chemical solvent sometimes used to extract oils from their original source.

Trusted by Parents

Horizon's research, and the success of our DHA-supplemented products, confirms that a large population of consumers cares about DHA. Because we believe consumers deserve a choice, we offer both DHA-supplemented and regular organic milk, with packaging that clearly differentiates the two.

- According to a 2010 study from Mambo Sprouts Marketing, 8 in 10 natural and organic consumers express interest in purchasing functional foods with additional health, nutrition and dietary benefits, with 39% "very interested" in these kinds of foods. 44% of respondents were interested in foods containing omega-3's.
- According to a recent survey by *KIWI Magazine*, 73% of KIWI readers either fully support or don't mind the use of nutritious additives to fortify organic foods.

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3. Jensen CL et al. Effects of early maternal docosahexaenoic acid intake on neuropsychological status and visual acuity at five years of age of breast-fed term infants. *J Pediatr*, 2010, 157(6):900-5.
4. McCann JC, Ames BN. Is docosahexaenoic acid, an n-3 long-chain polyunsaturated fatty acid, required for development of normal brain function? An overview of evidence from cognitive and behavioral tests in humans and animals. *Am J Clin Nutr* 2005;82:281-95.
5. Dalton A et al. A randomised control trial in schoolchildren showed improvement in cognitive function after consuming a bread spread, containing fish flour from a marine source. *Prostaglandins Leukot Essent Fatty Acids*. 2009 Feb-Mar;80(2-3):143-9.
6. Forsyth JS et al. (2003). Long chain polyunsaturated fatty acid supplementation in infant formula and blood pressure in later childhood: follow up of a randomised controlled trial. *BMJ* 326(7396):953.
7. Worm B et al. Impacts of biodiversity loss on ocean ecosystem services. *Science* 2006 Nov; (314) 5800:787-90.