



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*[™] by 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, and regulatory and government agencies worldwide 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.
- The United States Food and Drug Administration (FDA) and many international regulatory agencies have extensively and repeatedly reviewed DHA. All agree it is safe. Horizon uses *life'sDHA* by Martek, which was designated 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.¹

Proven Effective

DHA is important for supporting brain, heart and eye health throughout life, including in the first years of life. Unfortunately, the typical American diet may not provide the recommended levels of DHA.²

- Experts recommend that pregnant and nursing women get 200–300mg of DHA daily.³ 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.⁴
- Studies in older children have demonstrated that DHA may help support brain development.⁵



- Children ages 1–5 years have been shown to have low DHA intake levels.⁶ 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 regularly consumed by children, 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.⁷

Compliant with Organic Standards

Since being introduced in 2007, all Horizon DHA products have been in compliance with the U.S. Department of Agriculture's National Organic Program (NOP). The DHA used in Horizon products, *life'sDHA* by Martek, was originally allowed as an "accessory nutrient" for use in organic foods. In a regulatory process clarification, the NOP in 2010 asked the National Organic Standards Board (NOSB) to re-evaluate its recommendation for nutrient vitamins and minerals currently used in organic products. This request called for formal review of the 1995 NOSB recommendation and the allowance of accessory nutrients such as Omega-3 DHA for specific inclusion on the National List of permitted substances in organic, and is based on NOP's reinterpretation of past procedural actions. It is important to note that this was an evaluation of protocol, and that the safety and effectiveness of DHA in organic foods were never questioned. On December 2, 2011, following a thorough evaluation, the NOSB voted unanimously to approve the continued use of plant-based DHA Omega-3 in organic food production. The NOSB approval includes only DHA not extracted using hexane, the type Horizon has always used.

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

The DHA used in Horizon products is sustainable. 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*.⁸

Like all ingredients appropriate for use in organic foods, *life'sDHA* is non-GMO.

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

The *life'sDHA* 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 survey⁹ from Mambo Sprouts Marketing, 8 in 10 natural and organic consumers express interest in purchasing foods with additional health, nutrition and dietary benefits, with 39% "very interested" in these kinds of foods and 44% interested specifically in foods containing omega-3's.
- According to a recent survey¹⁰ 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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