



GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3S

Science Committee Meeting Minutes

Date: Wednesday April 30, 2025

Committee Members Present	Committee Members Not in Attendance
Audra Delgado (BASF) Bente Jeanette Foss (GC Rieber) Crispulo Gallegos-Montes (Fresenius Kabi) Dagný Ólafsdóttir (Lysi) Derek Tobin (EPAX) Erika Forss (Orkla) Francisco (Kiko) Gasso (Brudy Technologies) Heike Kusche (BASF) Jan Erik Olsen (Nofima) June Yao (Nuseed) Kaitlin Roke (GOED - Committee lead) Kirsten Humphreys (Bare Biology) Lalen Dogan (Omega Quant) Lára Björgvinsdóttir (Lysi) Monika Sidorczuk (Natural Pharmaceuticals)	Agata Szygula (TASA) Alisa Dunkel (Omega3 Galilee) Aldo Bernasconi (GOED) Allison Wilkin (Nature's Way) Amy Moore (Jamieson) Ann Skulas-Ray (Pharmavite) Andrea Hsieh (Nestle) Anthony Sehl (Fermentalg) Arun Rajgopal (Amway) Baldur Hjaltason (PharmaMarine) Brad DeDalt (Jamieson) Carol Locke (Omega Brite) Carlos Sepulveda (Innocon) Christine Ye (Pharmavite) Chelsea Furtado (Research Assistant GOED) Chris Gearheart (GOED) Daniela Lopez (Naturmega) Dimitri Sclabos (Tharos) Elena Nekrasov (Amway) Eileen Bailey (DSM-Fermenich) Ellen Schutt (GOED) Erika Forss (Orkla) Gabriela Cortez (GOED) Gladys Ccahuantico (Copeinca) Glenn Elliot (Numega) Guy Ben-Zvi (Omega-3 Galil) Gaowei (Joey) Mao (Reckitt) Harry Rice (GOED) Hallgeir Sterten (RimFrost) Jai Mishra (BASF) Jason Locke (OmegaBrite) Jason Polaris (OmegaQuant) Janet Coonan (Jamieson) Jennifer May (DSM-Firmenich) Johane Guay (Solutex) Jolie Root (Carlson) Justin White (Nuseed)



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	Jorge Sepulveda (Innocon) Katina Handeland (Orkla) Keri Marshall (Zooca) Kristen Finn (DSM-Firmenich) Laurel Stirling (Carlson) Maike Rahn (DSM) Maren Ringstad (BASF) Malena Hawkins (Solutex) Marieke Schoemaker (Friesland Campina) Marzena Kucia (Natural Pharmaceuticals) Matt Kochem (DSM-Fermenich) Melanie Schölzel (Evonik) Mariana Coelho (DSM-Firmenich) Marianne Stanford (Mara Renewables) Mark Smith (Nuseed) Nada Abuknesha (FARI) Noga Gal (Omega3 Galil) Nils Billecke (Cargill) Paula Arriagada (Corbion) Rahbika Ashraf (GOED - CSD team Award Winner) Rakesh Kapoor (Bioriginal) Rinat Ran-Ressler (Nestle) Samaneh Fard (Numega) Sonia Hartunian (DSM-Fermenich) Solveig Klyve (Orkla) Sonia Da Rocha (Fermentalg) Sunil Choudhary (Omega Brite) Svein Olaf Hustvedt (BASF) Theresa Jahn (Nature's Way - Committee Chair) Ulrika Kohler (Orkla Health) Yutong Wang (SGS Nutrasource) Yunpeng Ding (Aker Biomarine)
Guest Speaker/Journal Club Lead: Kaitlin Roke, GOED Guest Attendees: NA	

*Committee members listed in light alphabetical order by first name.

30 April 2025 Meeting Recording:

<https://us02web.zoom.us/rec/share/WFQ-s4bqvBLtJZRGtLGL5V1ncy2zTNGcsH-fedf94OJ2jpBB7xA5TES4CcXdV2mT.VvVP8lcjH-OhTyr>

Passcode: C0%hvQbf



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Notes from Meeting:

Welcomed some committee members from Europe / Australia who aren't able to make other meeting times. Derek Tobin (EPAX) and Lalen Dogan (OmegaQuant).

Group discussion about study design limitations and considerations:

- Measuring baseline EPA/DHA levels; Using baseline EPA/DHA levels to stratify participants and consider for data analysis
- Dosage - are studies providing "enough"? What is the ratio of EPA/DHA? Does it differ for each targeted health condition?
- What number of participants are sufficient?
 - Power calculations would be needed to determine number of participants in each study group
- Issues of compliance with higher dosages / increased number of supplements?
- Expense of studies limits ability to conduct large and lengthy trials

More details about five studies from [Network Meta-Analysis](#) "High Dosage Omega-3 Fatty Acids Outperform Existing Pharmacological Options for Migraine Prophylaxis: A Network Meta-Analysis"

1. The omega-3 and Nano-curcumin effects on vascular cell adhesion molecule (VCAM) in episodic migraine patients: a randomized clinical trial [Link](#)
 - "2 capsules containing 600 mg EPA + 300 mg DHA..."
 - OmegaMax
 - Each 1250 mg capsule of W-3 contains 600 mg of EPA, 300 mg of DHA
 - → Daily supplementation of 1,200mgEPA + 600mgDHA per day
2. A double-blind, randomized, and placebo-controlled clinical trial with omega-3 polyunsaturated fatty acids (OPFA ω-3) for the prevention of migraine in chronic migraine patients using amitriptyline [Link](#)
 - "OPFAπ-3 was prepared as sachet, with standardized concentrations of 400 mg of eicosapentaenoic acid (EPA) and 350 mg of docosahexaenoic acid (DHA). It was administered daily to the group..."
 - → Daily supplementation of 400mgEPA + 350mgDHA
3. Omega 3 in Childhood Migraines: a Double Blind Randomized Clinical Trial [Link](#)
 - "... an omega-3 capsule [] containing 1 g of fish oil (180 mg eicosapentaenoic acid (EPA) and 120 mg docosahexaenoic acid (DHA))"
 - → Daily supplementation of 180mgEPA + 120mgDHA per day
4. Supplementation with omega-3 polyunsaturated fatty acids in the management of recurrent migraines in adolescents [Link](#)
 - "...two capsules per day of a marine n-3 ethyl ester concentrate..."
 - "Each 1-g n-3 ethyl ester concentrate soft gel capsule consisted of EPA (378 mg), DHA (249 mg), and tocopherol (2 mg).
 - → Daily supplementation of 756mgEPA + 498mgDHA



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5. Failure of omega-3 polyunsaturated fatty acids in prevention of migraine: a double-blind study versus placebo [Link](#)
 - Maxepa (180mgDHA + 120mgEPA)
 - "...six capsules of 1 g each per 24 h (three in the morning, three in the evening)"
 - → Daily supplementation of 1,080mgEPA + 600mgDHA

Action:

- Group discussion about clinical trial design. Kaitlin mentioned two resources, which are linked below.
 - Conducting omega-3 clinical trials with cardiovascular outcomes: Proceedings of a workshop held at ISSFAL 2014 [Link](#)
 - Phishing in muddy waters: Reeling in methodological flaws in n-3 fatty acid research [Link](#)
- Kaitlin to discuss ideas of study design consideration and good clinical practices internally.
 - Note: Kaitlin suggested that this might be a topic better covered by ISSFAL (as a webinar, perhaps?) rather than at the GOED Exchange.
- Ongoing: Please let us know if you / someone you work with / someone you know might be interested in sharing a guest presentation with us.

Next GOED Science Committee meeting:

Wednesday May 28, 2025

Link: <https://us02web.zoom.us/j/87194678663>

Upcoming Speaker Schedule:

- May 2025 - ()
- June 2025 - Pet nutrition (external research group)
- July 2025 - Genetics and non-invasive biomarkers (external research group)
- August 2025 - Cancer / Breast Cancer (CSD Research Award Winner)
- September 2025 - ()
- November 2025 - Inflammation and CVD update (external research group)
- December 2025 - Hold for Group Discussion