



GLOBAL ORGANIZATION FOR EPA AND DHA OMEGA-3S

Communications Committee Call Minutes | April 15, 2025

Attended

- Sarah Christianslund, Epax (Chair)
- Tavis Piattoly, OmegaQuant (Speaker)
- Dimitri Sclabos, Tharos
- Ove Wikstrom, BASF
- Chelsea Broderick, Nature's Way Canada
- Katrina Benedicto, Nuseed
- John Nesler, Nuseed
- Jonas Tornquist, Natural Pharmaceutical
- Majorie van Kuik, Nestle Health Science
- GOED: Elana Natker, Ellen Schutt, Vicky Lin and Kaitlin Roke

Agenda

- **Guest speaker: Tavis Piattoly, MS, RD, LDN, Healthcare Account Educator/Dietitian, OmegaQuant**
 - Presenting information about opportunities in the sports nutrition space
 - Watch recording and download the slides [here](#).
- **New eye health infographic [\[see here\]](#)**
 - Elana - We developed it for our Korea consumer event in September of last year. We had an eye health infographic before, it is old and outdated. This one has a better outline and messaging. Use it if you like and know that it's on our consumer-facing website AlwaysOmega3s.com, [GOED website](#) and HCP-facing website FatsofLife.com.
- **GOED Vitafoods Europe Activities**
 - GOED's member meeting will be held Wednesday, May 21 from 8:00-9:30 am in Conference Centre 3, Room CC3- 3.11. GOED will give an update on recent activities and industry news, and a light breakfast will be served. RSVPs are not necessary.
 - GOED is hosting the Omega-3 Resource Center at booth #4D38A.
 - Please join us for a cocktail reception at the pavilion on Wednesday, May 21 from 4:30-6:00 pm. The reception is sponsored by Pattern.

Housekeeping

- Next call: **Wednesday, May 14, 2025, 11:00am EDT** [\[Click here for your time zone\]](#) (Note different date and day of the week!)
 - Elana - our call is usually on the third Tuesday of each month but that is also the first day of Vitafoods Europe in May. We are moving the call to the week prior but on Wednesday because the Regulatory Committee call is on Tuesday.
- Open call for member presentations, also member features in Omega-3 Insider
 - Dimitri - wondering if you should hear from athletes about sports nutrition. Just something different.
 - Chelsea - How many regions can make claims on sports nutrition? It's a struggle for Canada since we can't talk about inflammation. Just wondering

what other markets are like and if there are opportunities to do more research and actually get those claims.

- Ellen - We'll have to look at our [Global Omega-3 Navigator](#) to see if there are any sports claims. I don't think there are any at the moment. We were at a Sports Nutrition Expo in Japan 8 years ago, and there were personal trainers or maybe dietitians that worked with athletes who were recommending 10 grams of omega-3s per day. I don't think it was a claim, it was a personal recommendation. But I remembered it because 10 grams is a lot.
- Chelsea- It's always great that there's science behind omega-3s, but it's another thing entirely to actually get claims approved. I was wondering if we could work together as a group to help make that happen—or if there's anything we could do to support progress in that space.
- Elana- I'm not an expert on health claims, but I think just reaching the sports nutrition audience is a good start. That could mean attending conferences or leveraging the International Society of Sports Nutrition's work. Using their papers to engage with this audience and talk about claims could be one way to go.
- Chelsea- There are always creative ways to reach people. I struggle with the lack of research that substantiates the claims we already know are helpful. I'm not sure how much it would cost to fund that kind of research, but I do think it would be beneficial for omega-3s globally. Of course, every region is different.
- Ove- Sports and muscle-focused brands often have their own vitamins and supplements, and they claim they're good for you—that's how they promote them. Some athletes do take up to 20 grams (of omega-3s) a day. I spoke with the nutritionist for a sports club in Barcelona, and she mentioned that younger athletes come from all over the world with different diets. They eat, train, and play, but when they're off-campus, they eat like typical teenagers—pizza, hamburgers, that kind of thing. So, they're taught how to make healthier food choices. I think reaching out to these clubs is one of the best ways to go. But usually, it's the brands that do this kind of work—not GOED.
- Dimitri - I follow biking and the athletes are obliged to follow a very strict nutrition plan, even off season.
- Ove - It's true. These athletes are being paid millions of dollars. If you gain weight or anything like such, you are not fulfilling your contract. Whether it's a healthy plan or an ethical plan, it doesn't matter, this is what works, so they have to follow it.
- Dimitri - going back to who should speak. I remember a speaker from the Seattle GOED Exchange, who talked about the US military's use of omega-3s? Maybe something from that research.
- Ove - I think they used it for stress and depression.

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