

**Question for written answer E-013487/2015  
to the Commission**  
Rule 130  
**Mireille D'Ornano (ENF)**

Subject: Cardiovascular risks linked to omega-3 fatty acids

For a number of years, the EU has been backing algae cultivation projects that produce foods high in omega-3 fatty acids. Marketed as healthy food supplements, omega-3 fatty acids and fish oil are widely used, and frequently recommended in the paramedical and alternative medicine sectors.

However, in September 2015 the journal *Science* published a study highlighting a unique gene variant in the Inuit people, who have developed a resistance to fatty acids like those found in fish oil. The variant acts as a natural antioxidant that considerably reduces the risks of heart disease linked to overconsumption of omega-3.

The study shows that for most EU citizens, whose genetic make-up is different to that of the Inuit people, consuming high levels of omega-3 fatty acids in an effort to prevent cardiovascular problems rather than to treat them could actually lead to heart disease.

1. Can the Commission confirm the conclusions of the study and establish the health risks linked to consumption of omega-3 fatty acids?
2. How does the Commission take genetic differences into account when assessing imported or newly produced food within the EU, and the way that this food is consumed?