

Fatty Acid Research Institute

August 23, 2023

Mr. Mark Ansley
President, Zack's Snacks

Dear Mark,

I recently saw Melissa Rittenhouse's paper on the effects of your omega-3 enriched products on the Omega-3 Index in service academy cadets. What impressed me the most was that just making your smoothies and toppings available – not mandatory – was sufficient to increase the Omega-3 Index from 4.8% to 5.8%. That's a great improvement for only 12 weeks and just voluntary use of products. I also thought it important that whereas 19% of the cadets were in the deficient category (<4%) at baseline, only 5% were at the study's end. Very impressive! I hope you can find a way to get more of your omega-3 enriched products on the menu, on the shelf, at not only the academies, but to everyone serving in our armed forces.

If there is anything I can do to help you continue your good work, please let me know.

All the best,



William S. Harris, PhD
President, FARI
Professor, Department of Medicine, Sanford School of Medicine, University of South Dakota