

What could food supplements contribute to cardiovascular health in Europe?

New research by Frost & Sullivan
examining the potential health and
economic impact of:

Omega-3 EPA+DHA



Phytosterols



Beta-glucans



WHY THIS MATTERS



Cardiovascular disease carries a major health and economic burden in Europe



**5.98
million**

new CVD
cases in 2025



**€307
billion**

societal cost
in 2025



**€399
billion**

projected cost
by 2035

OMEGA-3 EPA + DHA

What could omega-3 contribute?



~193,000

fewer cardiovascular
events annually

**€9.7
billion**

net economic
benefits annually

PHYTOSTEROLS

What could phytosterols contribute?



~658,000

fewer cardiovascular
events annually

**€33.9
billion**

net economic
benefits annually

BETA-GLUCAN

What could beta-glucans contribute?



~602,000

fewer cardiovascular
events annually

**€27.7
billion**

net economic
benefits annually

THE TAKEAWAY

**Evidence-based
supplementation
can support
cardiovascular
health in Europe.**



Food supplements can form part of a wider approach, alongside healthy diets, physical activity, and appropriate medical care and screening.