

Using the Dosing Guide

Supplements:

- Determine the form of omega-3 fatty acids in the supplement.**
If form is unknown, use the EPA+DHA targets for the ethyl ester formulations. This information is not reported on supplements in a standardized way in the US.
- Find the suggested EPA+DHA dose for the supplement using the Dosing Chart.**
- Calculate the amount of EPA+DHA per serving of the supplement.**
Use the amount of EPA + DHA in mg per Serving Size on the Supplement Facts panel to calculate the amount of EPA + DHA per serving.

$$\begin{array}{ccccccc}
 \text{EPA} & & \text{DHA} & & \text{Per Serving} \\
 \text{[]} & + & \text{[]} & = & \text{[]}
 \end{array}$$

- Calculate the number of servings needed to meet the Dosing Guide recommendation.**

Use the amount of EPA+DHA from the Dosing Guide and the result from Step 2 to calculate how many servings to take of the selected supplement. If the result is a decimal, round up.

$$\begin{array}{ccccccc}
 \text{EPA+DHA from Guide} & & \text{EPA+DHA / Serving} & & \text{Recommended Servings} \\
 \text{[]} & / & \text{[]} & = & \text{[]}
 \end{array}$$

Diet: Fish and Seafood

Fish and seafood contain EPA and DHA as primarily phospholipids and triglycerides, which are well absorbed. Omega-3 levels in fish are variable, which is why it's important to pick fish known to be rich in omega-3s. The fish below are the most potent omega-3 fish species; a larger list of fish options is available from the fish table in the OmegaQuant Omega-3 Index report.



Eating salmon twice per week would result in a daily intake of ~300 mg/day and is likely enough to move someone out of the undesirable zone (<4%).

To reach and maintain an Omega-3 Index of 8% using diet only, typically one would need to eat omega-3 rich fish at least 3-7 times per week.