



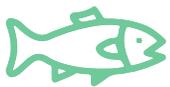
4 Tips for Choosing the Best Omega-3 Supplement

There is no one-size-fits-all omega-3 option, which is why we put together a simple cheat sheet that will help you make an informed decision when it comes to choosing an omega-3 supplement.

First and foremost, before you even thinking of purchasing a supplement, consider seeing what your Omega-3 Index is first. If you need a test, visit our [shop](#). If you already know your score, plug that into our [Omega-3 Index calculator](#) to see how much EPA and DHA you need.

1 Choose the SOURCE that's right for you

The omega-3 fatty acids EPA and DHA come from a variety of sources such as natural fish oil, processed fish oil, krill oil, algal oil, and fish roe. All of these options are direct sources of EPA and DHA, which is very important if you are aiming to raise your Omega-3 Index.



Natural Fish Oil

(salmon, cod, sardine, anchovy) - What you need to know:

- These oils are made from the tissue of fatty fish.
- EPA and DHA content can vary widely due to factors like diet and fish species.
- They often contain other nutrients naturally present in fish oil, such as vitamin A and D.



Processed Fish Oil

What you need to know:

- These oils are highly purified to strip them of any heavy metal or other contaminants.

- They are often concentrated to yield higher amounts of EPA and DHA.
- Most come in the form of ethyl esters, which are not as easily absorbed by the body.
- Some companies “re-esterify” these oils (i.e., add triglycerides back in) to make them more bioavailable.



Krill Oil

What you need to know:

- This oil does not come from a fish; it comes from a shrimp-like crustacean called Antarctic krill.
- Generally, the amounts of EPA and DHA in krill oil are lower than that found in fish oil.
- The omega-3s in krill oil are bound to phospholipids, which helps increase their bioavailability in the body.



Algal Oil

What you need to know:

- Algal oil is a great fit for vegans and vegetarians who are often lacking EPA and DHA in their diets.
- Algae is the original omega-3 source for fish and krill.
- Algae can be produced in controlled conditions, which makes it a great sustainable omega-3 option.



Fish Roe

What you need to know:

- The omega-3s EPA and DHA found in fish roe are mostly bound to phospholipids.
- Some fish roe has been documented to contain specialized pro-resolving mediators (SPMs), which are powerful metabolites of EPA and DHA that help resolve inflammation.
- Fish roe is a natural by-product of the fishing industry and a sustainable source of EPA and DHA.

BOTTOM LINE:

OmegaQuant does not have a preference on the source you choose because we believe dose is more important. However, keep in mind that more than 50% of the fat in a capsule should come from EPA/DHA.

2 Choose the AMOUNT that's Right for You

First and foremost, remember to look at the label of the supplement and add the up the amount of EPA and DHA. Those are the omega-3s that matter most. Recommendations on how much you need vary quite a bit. Most often the recommendations range from 250-1000 mg per day. Emerging research suggests that 1000 mg (1 g) of EPA+DHA is a good daily amount to target. However, to find the dose that's right for you, try using our [Omega-3 Index calculator](#).

BOTTOM LINE:

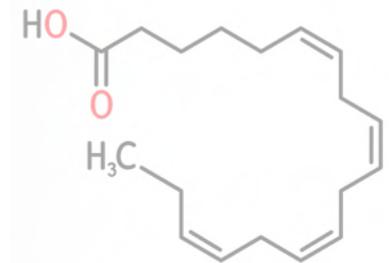
OmegaQuant believes that dose is very important in that you should be taking enough to get your Omega-3 Index to 8%. How you get to that level could come from a combination of eating fish and taking supplements. Do whatever works best with your lifestyle and dietary preferences.



3 Choose the FORM that's Right for You

First, let's review the different forms omega-3s can be delivered in:

- Natural triglycerides
- Free fatty acids
- Ethyl esters
- Re-esterified triglycerides
- Phospholipids



Why does this matter, you may ask? It has everything to do with their physical-chemical properties and how easily they are digested, absorbed, and incorporated into human tissues.

The different forms and sources of EPA + DHA can help guide your supplement decision. See continuum below :



Higher bioavailability

Lower bioavailability

While this is valuable knowledge, don't get too bogged down in these details. Yes, bioavailability may differ, but consumption of all forms can significantly increase plasma EPA + DHA levels.

BOTTOM LINE:

Ethyl ester forms typically have the lowest absorption, while phospholipid and triglyceride forms are better absorbed. Taking any supplement with a food that contains fat is your best bet for getting the best absorption from your supplement as possible.

4 Choose a Product That's in Line with Your STANDARDS

Find Omega-3 supplements that are third-party tested or certified by other governing bodies that you value and trust. Some organizations that work with or certify companies for sustainability and environmental impact practices include:

[Marine Stewardship Council](#)

[Friend of the Sea](#)

[Environmental Defense Fund](#)

Another certification to look for is the Global Organization for EPA and DHA Omega-3s ([GOED](#)). The GOED seal indicates that a partner company upholds the highest product quality and ethical standards and is tested to ensure standards are being met.

Other third-party testing companies that are common include:

[ConsumerLab.com](#)

[NSF International](#)

[USP](#)

BOTTOM LINE:

This is a personal preference, but OmegaQuant recommends using a certified sustainable and 3rd party tested product.