

How to buy and take fish oil capsules:

1. To know how much omega-3 you will get in a capsule you need to read the “Supplement Facts” label on the **BACK** of the bottle. The number on the front label is not helpful.
2. Good quality fish oil will give a number for EPA (eicosapentaenoic acid) and a number for DHA (docosahexaenoic acid) in the “Supplement Facts” box. If they are not listed separately the product may not have a consistent amount of these important omega-3s.
3. Add the number for EPA and DHA together. This is the number of milligrams of important omega-3s.
4. Check the serving size at the top of the “Supplement Facts” box to see how many capsules you need to take to get the amount in #4.
5. Most healthy people should get between 250mg and 1000mg of EPA+DHA daily from diet and/or supplements. Your health care provider may recommend more for certain conditions.
6. If you are taking fish oil for depression, look for supplements that are higher in EPA.

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 90		
Amount Per 1 Capsule		% DV*
Calories	15	
Calories from fat	10	
Total Fat	1.5g	3%*
Sodium	10mg	1%*
Total Carbohydrates	0 g	0%*
Protein	0 g	
Fish Oil (from Sardine & Anchovy body oil)	1000 mg	†
Standardized to 40% EPA	400 mg	†
Standardized to 20% DHA	200 mg	†
*% Daily Values based on a 2,000 calorie diet.		
† Daily Value not established.		

7. If you are taking more than 1000mg EPA+DHA daily take in more than one dose.
8. If you get “fish burps” store your capsules in the freezer and take them frozen.
9. There is no extra benefit from products that contain omega 6 or omega 9 fatty acids.
10. You can expect to pay about \$10-15/month to take 1000mg of good quality fish oil. Watch for specials.
11. Some good brands include: Nature Made, Finest Natural, Nordic Naturals, Harmony Co-op, Country Life. Stores that carry fish oil include Harmony Co-op, Sunrise Foods, and pharmacies.



Omega 3 fatty acids and health

People who eat lots of fish tend to be healthier than people who eat less. In addition to getting lots of protein eating fish provides omega-3 fatty acids, an important fat that your body can not make on its own. Omega-3 fatty acids are raw material for important brain and eye chemicals, and also help your body handle other fats in a healthier way. Getting enough omega-3 s can help prevent heart attacks, macular degeneration (a kind of blindness), lower bad blood fats, and improve mood. They may also help lower the body's levels of inflammation which goes along with things like arthritis and chronic pain.

Experts recommend that adults get at least 250mg daily or 1750mg weekly of omega 3s. This can be done by eating fatty fish once or twice weekly. Sardines, salmon, herring, and mackerel will provide this amount in two 3 oz servings per week. Other fish have omega-3s but not in as high amounts. Here are some commonly eaten fish and how much you would need to eat of them in a week to get this amount of omega 3s. Unfortunately some fish are being over fished and some are contaminated with mercury. There is information available on the internet about this. Fish should be baked, grilled, pan seared, or broiled. Deep fried fish does not contain omega-3s. It is possible to get some omega-3s from nuts and flax seeds.

Fish	Amount of omega-3s in 3 oz	Oz per week
Albacore tuna	730mg	7 oz
"light" canned tuna	200mg	22 oz
Cod	200mg	22oz
Salmon	1000-1900mg	3-5oz
Canned salmon	1000mg	5 oz
Sardines	840mg	6 oz
Walleye	340mg	15 oz
Shrimp	390mg	13 oz

Most people are not getting enough omega-3s in their diet for good health. If you can't eat more fish you may consider taking a fish oil supplement. It is safe to take fish oil on your own at levels of 250mg to 1000mg of omega-3s (DHA+EPA). Your healthcare provider may recommend higher doses for certain problems such as depression or high blood fats. If you are considering taking more than 1000mg DHA+EPA a day talk to your provider first, especially if you are on blood thinners. See reverse for a guide to buying good quality fish oil.