

Omega-3 Supplement Types

A SEA OF POSSIBILITIES

Fish oil

Anchovies and sardines are the most common ingredients in fish oil pills. Other fish sources could be salmon, squid/calamari or tuna.

Krill oil

This EPA+DHA omega-3 source comes from a tiny shrimp-like crustacean.

Cod liver oil

A specific type of fish oil, and also a great source of vitamins A and D.

Algae oil

A vegan source of EPA and DHA omega-3s from marine microalgae.

Other oils

Specialty oils such as calanus, herring roe and green lipped mussels also provide EPA+DHA omega-3s.

Omega-3s, especially EPA and DHA, are nutrients that everybody needs but most people lack in their diets. That's why taking a daily supplement may help. Luckily, there is a variety of options.



Good to know

- Soon you may find plant-based EPA and DHA omega-3 supplements made from genetically modified canola, camelina and other plant oils.
- Walnuts, chia, flax and other nuts, seeds and oils will give you ALA omega-3s. What most diets lack are EPA and DHA omega-3s, so it's best to focus on those sources.

Which source is the best?
The one that works for you!

All will give you EPA and DHA omega-3s, the nutrients you need for heart, brain, eye and prenatal health.

To learn more, visit: AlwaysOmega3s.com