

Omega-3 vs. fish oil: what is the difference?

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Omega-3s are a group of fatty acids, and fish oil is one type of supplement that contains them. On the label, look at the EPA and DHA amounts, not only the total fish oil.

The three main omega-3s

The NIH names three: ALA, EPA and DHA. ALA is found mainly in plant oils such as flaxseed, soybean and canola oils. DHA and EPA are found in fish and other seafood.

Read past the big number

The largest number on a fish oil label is often the total oil. The EPA and DHA lines show how much of those omega-3s you get.

Omega Pure: 1,000 mg of fish oil per softgel



From the Omega Pure label. EPA and DHA are shown per softgel, so count them for your daily serving.

Medication

The NIH says omega-3 supplements may cause bleeding problems when taken with warfarin or other anticoagulants. If you take one, talk to your doctor first.

Omega Pure lists 180 mg EPA and 120 mg DHA per softgel, and the label names the fish it comes from.

From verdavita, the publisher of this guide



Omega Pure

Fish oil omega-3 with EPA and DHA, an easy daily classic. See the full label, one-time purchase, 90-day money-back guarantee.

verdavita.com/p-omega-pure

Sources

- NIH Office of Dietary Supplements: Omega-3 fatty acids fact sheet for consumers https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/

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