

What to look for when buying Omega 3

Omega-3 is good for your health. The best way for you to get enough in your diet would be to eat foods that are rich in Omega-3, such as fatty fish. However, not everyone out there can tolerate fish and that is perfectly understandable. For this reason, there are supplements you can take. Mind you, there are hundreds of supplements available and not all of them have the same health benefits. In order to make sure you get the health benefits you need, we're going to tell you what to look for when buying Omega-3 ...

Amount of Fatty Acid

You should always look at the amount of fatty acid that is in the supplement. Look at the label and find the amount of EPA and DHA per serving.

Type of Fatty Acid

Don't forget to look for the type of fatty acid. Omega-3 should come from marine sources.

Concentration

The concentration level is definitely important. The amount of DHA and EPA can vary from 200-700 mg per capsule. If it has a high concentration of DHA and EPA, this will allow you to consume more omega-3 in fewer doses.

Omega-3s are Available in a Variety of Forms

Fish oil is available in a natural form, but you can also find it in a processed form. Mind you, the processing form may not be as good, because it can affect the form of the fatty acids. This is something you must remember, because your body can absorb some forms better than others.

Fish Oil: When it comes to conventional fish oil, omega-3 is normally present as triglycerides.

Fish: If you're eating whole fish, you can get your omega-3 fatty acids from the triglycerides and phospholipids.

Processed Fish Oil: When the fish oils have been processed, they turn into ethyl esters. Ethyl esters aren't found in nature. When comparing processed fish oil with natural fish oil, we find that the body doesn't absorb processed fish oil as well as natural fish oil. This is because of the ethyl ester form. However, there are some manufacturers out there that process the oil further so that it changes back into the synthetic triglyceride form – this is a form that your body can easily absorb.

All four of these forms have some pretty good health benefits nesting behind them. However, studies have suggestion that when omega-3 comes from ethyl esters, it's not as good as the other forms.

So there you have it, when you're buying Omega-3, make sure you check the label to learn about the concentration, type of fatty acid, and the amount of fatty acid.

