

# How to Read an Omega 3 Supplement Label

About 80% of people worldwide are not getting enough EPA and DHA omega-3s, nutrients that play a key role in heart, brain, eye and prenatal health. Taking an omega-3 supplement can help. Here's what to look for in a supplement.

## Front of Product

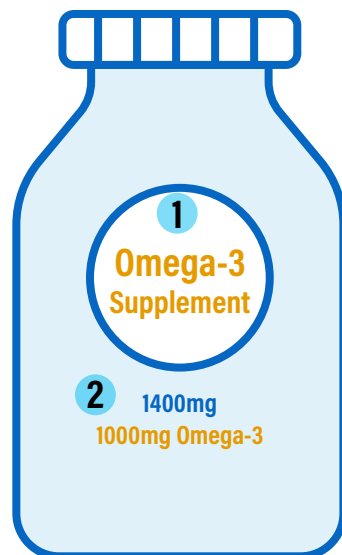
Information on the front of supplement packages is important, but most of what you really need to know is in the Supplement Facts and Ingredients list.

### 1 Product Type

"Omega-3" is a general term, so look for clues that this product contains EPA and/or DHA - specific types of omega-3s. Products with EPA+DHA could also be labeled Fish Oil, Krill Oil or Algal Oil, for example.

### 2 Numbers

The milligrams on the front may indicate the amount of oil and/or total omega-3s in that oil per serving. To find the amounts of EPA+DHA omega-3s specifically, look at the Supplement Facts panel.



## Supplement Facts

The nutritional content of a product is shown in the Supplement Facts panel, and this is where to find EPA and DHA amounts. Supplement labeling may appear different depending on the country, but what to look for remains the same.

### 3 EPA and DHA

**Start here**, at the line items for both EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) and the milligrams of each. **Add them up**. You should aim for at least 500mg EPA+DHA per day.\*

### 4 Serving Size

Next, look at the serving size. The amount of EPA+DHA is based on this number.

### 5 Ingredients

Check the ingredients. This may tell you the marine source of EPA+DHA, and whether or not the product is vegetarian/vegan.

### 4 Supplement Facts

Supplement Facts	
Serving Size	
Amount per Serving	
Calories	
Calories from fat	
Total Fat	
Saturated Fat	
Trans Fat	
Vitamin E	
<b>Omega-3s</b>	
EPA (Eicosapentaenoic Acid)	
DHA (Docosahexaenoic Acid)	
Other Omega-3s	
Total Omega-3s	
Oleic Acid (Omega-9)	

START HERE



**5 Ingredients:** fish oil (from anchovies and sardines), soft gel capsule (gelatin water, glycerin), natural lemon oil, d-alpha tocopherol, rosemary extract.

For more information about the science-backed benefits of EPA and DHA omega-3s, visit [FatsOfLife.com](https://www.fatsoflife.com).

\*Both the U.S. Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA) recognize that long-term intake of 5g/day of EPA+DHA is safe for adults.