

# HOW TO READ A FISH OIL SUPPLEMENT LABEL

% Daily Value indicates how much of the recommended daily intake (for adults and children ages 4+) is provided by the supplement.

Vitamin E and vitamin D3 are measured in International Units, the standard unit of measure for fat-soluble vitamins. Vitamin E is used as a natural stabilizer for fish oil, and vitamin D3 is added to some formulas for additional health support.

**The most important thing to look for on the label is the amounts of EPA and DHA**—the best-studied and most functional omega-3s. This ensures you get the health benefits you are looking for.

This column indicates the amounts of EPA and DHA contained in each serving. **Experts recommend a minimum of 500 mg EPA+DHA** per day for health maintenance and up to 2–4 g per day for specific health challenges.

“Other omega-3s” refers to omega-3s other than EPA and DHA (such as DPA and ETA) that naturally exist in fish oil in low levels. Some labels may list omega-5, 7, etc., but these naturally occur in all fish oil and are not essential for health. Research shows EPA and DHA to be the most beneficial omegas.

Oleic acid is an omega-9 fatty acid that exists naturally in fish oil in low levels.

This list indicates all ingredients contained in the supplement, in order of weight.

This column indicates whether the fish oil is concentrated or non-concentrated. Higher concentration, such as shown here, means you get more EPA and DHA per serving.

## Supplement Facts

Serving Size: **2 Soft Gels**

Servings per container: **30**

Amount Per Serving	% Daily Value*	
Calories	20	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
<b>Omega-3s</b>	<b>Weight*</b>	<b>Volume %</b>
EPA (Eicosapentaenoic Acid)	650 mg	35%
DHA (Docosahexaenoic Acid)	450 mg	25%
Other Omega-3s	180 mg	10%
Total Omega-3s	1280 mg	70%
Oleic Acid (Omega-9)	56 mg	3%

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ♥ Natural Triglycerides  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, vitamin D3 (cholecalciferol in olive oil), d-alpha tocopherol, rosemary extract.