

# Omega-3 Essential Fatty Acid Dietary Supplement Comparison

Table Arranged By Number of Softgels to Achieve 1,000 mg EPA+DHA

Product & Company	NUMBER softgels to achieve <u>1,000 mg EPA+DHA</u>	SIZE of softgels	EPA & DHA Content/ softgels for 1000 mg EPA+DHA	Softgels per bottle	Servings per bottle	Cost per bottle	\$ to achieve 1,000 mg EPA+DHA /30 days	Cost per serving
EFACOR Eniva Nutraceuticals	2 softgels	Medium	EPA: 680 DHA: 340	60	30	29.95 (Wholesale)	29.95	0.98
Iceland Health (Gary Gordon, MD)	2 softgels	Large	EPA: 600 DHA: 400	30	15	buy 1 at: 49.95 buy 3 at: 33.32	At best pricing:  66.62	At best pricing:  2.21
Young Living	2 = (only 894 mg EPA+DHA)	Large	EPA:530 DHA: 364	30	15	35.20	70.39	2.34
Omacor	2 softgels	Large	EPA:930 DHA: 750	60	30	70.50	70.50	2.36
Natures Sunshine	2 softgels	Large	EPA:760 DHA:380	60	30	30.25	30.25	1.00
Nordic Naturals	2 softgels	Large	EPA: 650 DHA: 450	60	30	26.95	26.95	0.90
Coromega Omega	2 packets	Packet	EPA:700 DHA:230	30 Packets in Kit	15	21.39 (30 packets)	42.78	1.42 per packet
PFO Pure Fish Oil	4 softgels	Large	EPA: 720 DHA: 480	90	23	20.99	27.98	0.92
Melaluca	4 softgels	Large	EPA: 720 DHA: 480	120	30	29.00	29.00	0.96
Living Fuel Omega	5 softgels	Large	EPA:600 DHA:400	120	24	34.97	43.71	1.45
Twin Lab	5 softgels	Large	EPA 600 DHA: 400	90	18	10.68	17.80	0.60
Puritans Pride	6 softgels	Extra Large	EPA: 720 DHA: 480	120	20	16.99	25.48	0.84