

How much EPA and DHA is in my fish oil?

It may be confusing to know how much EPA and DHA you are actually receiving in a fish oil supplement. Pay close attention to the Supplement Facts panel and note the serving size, as well as EPA and DHA amounts.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

	Amount Per Serving	% Daily Value
Marine Lipid Concentrate	1.4 g	**
EPA (Eicosapentaenoic acid triglyceride)	710 mg	**
DHA (Docosahexaenoic acid triglyceride)	290 mg	**
Other Omega-3 Fatty Acid Triglycerides	100 mg	**

Add these two numbers together to determine the level of EPA and DHA in each serving. This example delivers 1000 mg EPA-DHA per softgel.

Are You Getting Omega-3s in Your Diet?

While 61.3% of the US population regularly consumes fish, most do not meet omega-3 recommendations.¹



Every OmegaGenics Formula Makes a World of Difference. So Can You.

Metagenics is proud to continue our partnership with Vitamin Angels, a charitable organization that helps provide nutritional support to protect the



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health of at-risk populations in need—specifically pregnant women, new mothers, and children under 5—in approximately 45 countries. In the last year, contributions from OmegaGenics product purchases helped 100,000 people in need.

Reference:

1. Papanikolaou Y et al. U.S. adults are not meeting recommended levels for fish and omega-3 fatty acid intake: results of an analysis using observational data from NHANES 2003–2008. *Nutr J.* 2014;13:31.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

➤ Talk to your healthcare practitioner today about **OmegaGenics** or visit WhyOmegaGenics.com.



Talk to your healthcare practitioner about whether supplementing with omega-3s is right for you.



Why are omega-3s important?

Omega-3 fatty acids EPA and DHA, as found in fish oil, are conditionally essential fatty acids. Although the body can make these from other essential fatty acids, the amount may not be significant.

Why supplement with fish oil?

Consuming fish and other foods rich in omega-3s is highly recommended to support general wellness, but obtaining enough EPA and DHA through diet alone can be a challenge—especially for those who aren't keen on seafood. Where diet falls short, supplementation offers a simple, convenient solution.

What are the benefits of fish oil?

Both EPA and DHA are important at various stages of our lives. Fish oils, whether from supplementation or dietary sources, have been clinically researched and found to support various systems of the body—including cognitive function, as well as cardiovascular, musculoskeletal, eye, and immune system health. Beyond that, omega-3 fatty acid supplementation has been found to be well tolerated with minimal adverse events.

What about dosing and delivery?

Clinical studies have shown the benefits of a range of doses and delivery forms, including softgels, liquids, or enteric-coated options. Your healthcare practitioner can recommend the ideal dose for you.



OmegaGenics® offers a comprehensive line of omega-3 formulas in a variety of doses and delivery forms, including softgels, liquids, and enteric-coated options.

OmegaGenics formulas are stabilized with natural antioxidants like mixed tocopherols, vitamin C, and rosemary extract to ensure optimal freshness.

Why choose OmegaGenics?

Transparency

We go to great lengths to ensure a high level of quality and consistency in every batch, so you can feel confident that what's on the label is exactly what's in the bottle.

Sustainability

Our fish are always sourced from fisheries that aim to protect endangered species and their ocean environments.

Extensive Testing

Every batch is third-party tested for over 450 contaminants including heavy metals, PCBs, and dioxins.

We stand on three pillars of quality—transparency, sustainability, and extensive testing—to bring you advanced nutritional solutions you can trust. That's our promise.

Experience the OmegaGenics difference.