

# Tips for Buying and Storing Omega-3 Supplements

EPA and DHA omega-3 oils are sensitive to oxidation, a reaction of the unsaturated fatty acids when exposed to air. Prolonged oxidation can affect product quality. By taking certain precautions you can protect your omega-3 product.



## Go Dark:

Opaque bottles or dark-colored softgels both block light.



## Keep Cool:

Store supplements in a cool place, out of direct sunlight. Do not store in the freezer.



## Limit Air Exposure:

Keep omega-3 products sealed between openings. Blister-packs are great for limiting exposure to air.



## On the Nose:

A mild fish smell is normal; an extreme off-smell is not. Throw away products that are both smelly and past their expiration date.

## Choose Wisely:

Supplement manufacturers that are members of the Global Organization for EPA and DHA Omega-3s adhere to standards of quality and good manufacturing practices. [Learn more at \[alwaysomega3s.com/more/goed-quality\]\(https://www.alwaysomega3s.com/more/goed-quality\).](https://www.alwaysomega3s.com/more/goed-quality)