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.