How to Read an Omega 3 Supplement Label

Front of Product
Information on the front of supplement packages is important, but most of what you really need to know is in the Supplement Facts and Ingredients list.

1 Product Type
"Omega-3" is a general term, so look for clues that this product contains EPA and/or DHA - specific types of omega-3s. Products with EPA+DHA could also be labeled Fish Oil, Krill Oil or Algal Oil, for example.

2 Numbers
The milligrams on the front may indicate the amount of oil and/or total omega-3s in that oil per serving. To find the amounts of EPA+DHA omega-3s specifically, look at the Supplement Facts panel.

Supplement Facts
The nutritional content of a product is shown in the Supplement Facts panel, and this is where to find EPA and DHA amounts. Supplement labeling may appear different depending on the country, but what to look for remains the same.

3 EPA and DHA
Start here, at the line items for both EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) and the milligrams of each. Add them up. You should aim for at least 500mg EPA+DHA per day.*

4 Serving Size
Next, look at the serving size. The amount of EPA+DHA is based on this number.

5 Ingredients
Check the ingredients. This may tell you the marine source of EPA+DHA, and whether or not the product is vegetarian/vegan.

For more information about EPA and DHA omega-3s and where to find them, visit AlwaysOmega3s.com.

*Both the U.S. Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA) recognize that long-term intake of 5g/day of EPA+DHA is safe for adults.