

Isn't All Fish Oil The Same?

If you have two fish oils with the same amount of EPA and DHA per serving, how may they differ? While it may not be written on the label, fish oil can come in one of two forms: triglyceride or the altered form, ethyl ester. Triglyceride is essentially Omega-3 in its natural state.

Triglycerides are made of three fatty acids (e.g. EPA and DHA) attached to a glycerol backbone. This is the molecular form that makes up virtually all fats and oils in both animal and plant species.

Ethyl esters are made of one fatty acid attached to one ethanol molecule. Generally, ethyl esters are not found in nature, and are only created through chemical synthesis.

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Which form of Omega-3 fish oil is better absorbed by the body?

There is considerable debate about whether different molecular forms of EPA and DHA are similarly absorbed. Of course, fish contains Omega-3 fatty acids in the natural triglyceride form. Fish oil in the triglyceride form offers numerous advantages over ethyl ester fish oil. Based on the longest study to date, triglyceride fish oil is metabolized and absorbed more efficiently than fish oil in the ethyl ester form.

What is the recommended daily dosage of EPA and DHA?

Most therapeutic results are seen with supplementation in the range of 1000-3000mg per day, which makes the high dose 710mg EPA and 290mg DHA OmegaGenics 1000 a great choice.

Two OmegaGenics 1000 softgels per day is the recommended dosage unless otherwise prescribed by your optometrist.

What is Gamma-linolenic Acid (GLA)?

GLA is an Omega-6 essential fatty acid found primarily in vegetable oils. This fatty acid is important to brain function and development, metabolism and bone health, but can't be produced by the body. Dietary sources are necessary and include spirulina, hemp seed, evening primrose, walnuts, chia, flax seed and other plant seed oils.

Of all the Omega-6 fatty acids, GLA stands out as an essential part of dry eye management. Taken with EPA/DHA, GLA has been shown to have significant anti-inflammatory properties and to be effective in treating dry eye with an inflammatory component. The current recommended dosage of GLA for dry eye management ranges from 15-420mg.

I-VU Omega 3 with vitamin D3 and GLA contains 1500mg of EPA, 750mg of DHA and 200mg of GLA per teaspoon. This is a great choice for dry eye management when looking for a liquid form of Omega 3 with GLA.

MORE QUESTIONS?

Feel free to talk with your Optometrist.