

EPA & DHA Supplementation



6:1 EPA:DHA Ratio Formulas

General EFA Supplementation
Anti-Inflammatory
Metabolic Syndrome
Type 2 Diabetes

3:2 EPA:DHA Ratio Formulas

Combination Support

1:1 EPA:DHA Ratio Formulas

Cognitive Support
Pregnancy and Nursing
Memory and Focus

Ratio of EPA to DHA	Serving Size	EPA	DHA
6:1 Ratio	1 softgel	500 mg	25 – 100 mg
3:2 Ratio	1 softgel	300 – 430 mg	200 – 290 mg
Concentrated Liquid (~3:2 Ratio)	¼ tsp. (1.25 ml)	350 mg	230 mg
1:1 Ratio Liquid	½ tsp. (2.5 ml)	300 mg	300 mg
Cod Liver Oil	1 tsp. (5 ml)	330 mg	460 mg