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Why should I choose Omega Sufficiency™ as my fish oil supplement?

Omega Sufficiency® is the world's premier EPA/DHA omega 3 fish oil. Each teaspoon or 4 capsules provides 740-825 mg of EPA and 460-550 mg of DHA omega 3 essential fatty acids which have been scientifically shown to be a crucial requirement for health and important in the prevention of illnesses such as heart disease, arthritis, ADD, depression, stroke, cancer, diabetes, high blood pressure, obesity, osteoporosis, and Alzheimer's.

Omega Sufficiency® is extracted in a licensed pharmaceutical grade facility from cold water anchovies and sardines that are the purest, least toxic source of omega 3 fish oil. Our oil is purified in a non-chemical molecular distillation process that removes even trace amounts of heavy metals, PCBs, organochlorides, and organophosphate pesticides resulting in the safest, purest source of EPA/DHA fish oil possible. As the oil is purified it is immediately infused with our natural, proprietary antioxidant blend consisting of rosemary extract, ascorbyl palmitate and natural mixed tocopherols and then immediately bottled in a dark glass bottle with a patented spill-proof, threadless cap. This process ensures the greatest oxidation protection possible. There simply is not a better, purer source of EPA/DHA omega 3 fatty acids in the world as our third party testing results indicate.

Our extraction process keeps the fish oil in its most natural form possible, this is crucial because human beings are genetically designed to ingest, digest, and absorb EPA and DHA essential fatty acids in the form they are found in nature, not in any concentrated form produced by chemical processing. If science and experience has taught us anything it is that we cannot improve upon nature.

Omega Sufficiency® is flavoured with 100% natural lemon extract - it actually tastes good! Because of the high quality and purity of our oil there is no fishy taste, no fishy smell, and no fishy aftertaste. Even kids like it! For those who do not like the consistency of the oil we recommend adding the oil to juice, a smoothie, or to salad dressings or other food.

We put the same quality oil in our gel caps as we sell in our liquid form!! Unlike other companies we do not put a lower quality or unflavoured oil into our gel caps. We simply take our premier oil and put it into gel caps because our mission is to provide the best product, not to make the most profit.