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How long do I need to continue to supplement with Omega Sufficiency™?

Everybody needs to continue to supplement with Omega Sufficiency® for as long as they want to stay healthy!

Science has confirmed that humans require daily intake of EPA and DHA for health and the prevention of illness. Science has also confirmed that, due to toxin levels in fish, the safest way to attain this daily intake is through supplementation with a purified fish oil such as Omega Sufficiency®.

The EPA and DHA Omega 3 fatty acids found in Omega Sufficiency® are essential nutrients just like vitamins and minerals. Deficiency of these nutrients leads to poor health and illness and sufficiency of these nutrients is required for health and the prevention of illness - for life!