

Omega 3 on Amazon

The following options have the correct ratio of DHA to EPA. Those with a higher ratio (>1.5) may work better. If your product has a low ratio of DHA to EPA (e.g. has more DHA) you could purchase an EPA-only product and add that in (e.g. OmegaVia EPA Only). It can be difficult to identify the specific product by name as many bottles have similar names, so it's best to search by the ASIN number on Amazon.

Brand	DHA	EPA	Ratio	Price	Caps/ day	Price/ day	ASIN
Nutranesis Triple Strength	430	860	2.000	\$17.51	1	\$0.10	B01459HK54
Country Life Mood 2000mg	150	1000	6.667	\$31.22	1	\$0.17	B001LCQYMY
Jarrow Formulas EPA-DHA Balance	200	400	2.000	\$21.49	2	\$0.18	B0013OQFEM
InnovixLabs Pharma-Grade	135	366	2.711	\$19.99	2	\$0.20	B00F5ZV6W6
Nature Made Ultra	278	647	2.327	\$19.96	1	\$0.22	B00DS5BI78
Nutrigold Triple Strength Gold	250	750	3.000	\$41.03	1	\$0.23	B004O2I9JO
Carlson Labs Super Gems	200	300	1.500	\$35.55	2	\$0.24	B003BVIAWO
Pure Alaska Clinical Strength	144	356	2.472	\$23.99	2	\$0.27	B005NWKPOA
Nutriden	120	180	1.500	\$27.97	4	\$0.28	B00L9QK5PY
Naturo Sciences 1700mg	300	450	1.500	\$26.97	1.5*	\$0.34	B01998PLWU
Intelligent Labs ultrapure omega	272	408	1.500	\$29.99	1.5*	\$0.37	B00USQWTRS
Coromega Squeeze Packets	230	350	1.522	\$21.05	2	\$0.47	B000FFQATA
OmegaVia Pharma-Grade	260	780	3.000	\$28.89	1	\$0.48	B00CJJK1E
OmegaVia EPA Only	0	500	n/a	\$28.89	2	\$0.48	B00D37S0HC
OmegaVia Pharma-Grade	260	780	3.000	\$28.89	1	\$0.48	B00CJJK1E
Garden of Life Minami Platinum	228	756	3.316	\$32.15	1	\$0.54	B00BQHUZWO
Biothriveslabs Pure	215	430	2.000	\$17.27	2	\$0.58	B00S2U44M0
Garden of Life Oceans 3 Beyond	225	337.5	1.500	\$19.09	2	\$0.64	B00280M11Q
Nordic Naturals 1000mg	110	165	1.500	\$36.92	4	\$0.82	B002CQU55K
Nordic Naturals - EPA Xtra	150	530	3.533	\$33.96	1.5*	\$0.85	B015RZ83BA
Nature Made Vegetarian Softgels	90	180	2.000	\$20.10	4	\$1.34	B007RC6NEG

*if dose is 1.5 caps, it should be taken as 1 cap every other day, 2 caps every other day since the capsules can't be cut in half.

—Chris Aiken, M.D., Updated 2/23/2016