

Omega 3 Oil Sources - Learn About All Known Omega 3 Oil Sources and How to Choose the Best Ones

Omega 3 is the name given to essential fatty acids – DHA, EPA, DPA and ALA because of their molecular structure. Some of these fatty acids cannot be manufactured by our body on its own, and therefore they have to be consumed from an external food source. Fish oil is one of the richest sources of both DHA and EPA. Vegetable oils, especially flax seed oil, are rich in alpha-linolenic acid (ALA) – a short-chain fatty acid. If we include all these food sources in our everyday diet, our body will never experience deficiency of these fats. Let's learn more about these omega 3 oil sources.

Omega 3 from fish flesh Oil extracted from the flesh tissues of fatty or oily fish like salmon, herring, halibut, trout and tuna is rich in fatty acid content. However, fish oil should be chosen after careful investigation because some low-quality products are made with unrefined and impure fish oil. Only buy those supplement products made with pharmaceutical grade fish oil. This oil has been laboratory tested to ensure that DHA and EPA concentration in this product is up to the standards. Usually 60% of DHA and EPA content is recommended. Other omega 3 oil sources include cod liver oil, harp seal oil and krill oil.

Sea creatures Sea food and marine creatures are rich in omega 3 fatty acids. In addition to this, they also contain optimum levels of vitamin A and D. Oil extracted from harp seal is naturally purified because of removal of impurities through the process of excretion. However, high-quality supplements made from fish oil and seal oil are further purified through molecular distillation to balance the amounts of fatty acids and other vitamins with heavy metals if present. Only those omega 3 oil sources should be selected that conform to quality health standards.

Omega 3 oil sources also include some vegetable oils like canola, flax seed, soybean, walnut, peanut, corn and sunflower. These oils contain adequate amounts of polyunsaturated and monounsaturated fatty acids. However, some of these oils might cause allergies in certain patients. If you experience occasional depression and anxiety, avoid corn oil, peanut oil and soybean oil. In healthy people normal dosage of vegetable oils is 1-2 tablespoon daily. If you are consuming fish oil capsules, taking 2-3 capsules everyday is sufficient to provide 1.5-2 grams of essential fatty acids to the body.

About the Author

Nutrition Matters is a series of fact sheets that provide current and accurate information on a variety of nutrition topics. They provide.

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