





IT'S ALL ABOUT DHA!!

DHA is the all important Omega-3 that you are looking for and is the Master Omega. It will readily convert to EPA and all other Omega-3 forms as the body requires.

So How do Other Vegan OMEGA-3 Brands stack up when it comes to supplying DHA?



BRAND	PRODUCT	PRODUCT TYPE	SERVINGS per BOTTLE	RECOMMENDED SERVING	OMEGA3 DHA per SERVE	INGREDIENTS		SERVING EQUAL to 2ml / 3caps of MEGAOMEGA	EQUIVALENT SERVINGS per BOTTLE
megaOmega	ALGAE OIL	oil (50ml)	25	2ml	1000mg	Water Extracted WILD STRAIN Chromista Algae Oil – Schizochytrium sp., cold pressed organic lemon peel oil as flavouring, natural tocopherol		2ml	25
megaOmega	ALGAE OIL SOFTGELS	softgels (60)	20	3 caps	1050mg	Water Extracted WILD STRAIN Chromista Algae Oil – Schizochytrium sp., natural tocopherol Softgel: non GMO corn starch, carrageenan, veg. glycerine, purified water		3 caps	20
Blackmores	VEGAN OMEGA-3 OIL	capsules (60)	30	2 caps	180mg	Linseed Oil, Schizochytrium algal oil		11.6 caps	5.2
Bioceuticals (Blackmores)	ULTRACLEAN EPA/DHA PLUS	capsules (120)	60	2 caps	420mg	FISH OIL - Concentrated omega-3 triglycerides - fish 1, d-alpha tocopherol - excels in purity (low mercury) and freshness (low p-anisidine and peroxide)	FISH OIL	5 caps	24
Cymbiotika	THE OMEGA	oil blend (60ml)	30	2ml	400mg	Canadian Omega-3 DHA (Schizochytrium Algae oil, Organic Seabuckthorn Oil, Icelandic Astaxanthin, Evening Primrose Oil, Phosphatidylcholine, organic MCT Oil, Natural tocopherol, Organic Lemon Oil, Organic Monk Fruit Extract)		5 ml	12
Green Nutritionals	GREENOMEGA 3	capsules (30)	30	1 cap	255mg	Life'sOMEGA3™ microalgae oil (Schizochytrium sp.) Sunflower Oil, Rosemary Extract, Tocopherols, Ascorbyl Palmitate	 * MODIFIED	4.1 caps	7.3
LifeStream	V-OMEGA 3	capsules (45)	45	1 cap	250mg	Microalgae oil (Schizochytrium sp) Vitamin D3 (Cholecalciferol), sunflower oil, rosemary extract, ascorbyl palmitate, tocopherol (soy source), vegan and non-GMO capsule shell	 * MODIFIED	4.2 caps	10.7
Metagenics (Amway)	META PURE ALGAL OIL	capsules (60)	30	2 caps	600mg	DHA/EPA rich Schizochytrium algal oil	Chinese?	3.5 caps	17.4
Natropathica	VEGAN OMEGA 3	capsules (60)	30	2 caps	105mg	DHA-rich schizochytrium algal oil, Citric Acid, Lecithan, Sodium Ascorbate, Ascorbyl Palmitate, DI-alpha-tocopheryl acetate, Calcium, Phosphate, Glycerol Monostearate, Maltodextrin, Sucrose		20 caps	3
Phytality	CLEAN OMEGA 3	capsules (60)	30	2 caps	500mg	Water Extracted Algae Oil – Schizochytrium sp. Capsule: pea starch, carrageenan, glycerol, purified water		4.2 caps	14.3
Vegetology	OMEGA-3 EPA & DHA	capsules (60)	30	2 caps	535mg	Opti3 Complex (Microalgal Oils, Healianthus Oil, Antioxidants (Rosemary Extract, Tocopherols, Ascorbyl Palmitate)), Cholecalciferol, Vegetarian Capsule Shell (Modified Starch, Vegan Glycerol, Carrageenan, Sodium Carbonate)		4 caps	15
Wanderlust	PLANT OMEGA 3	capsules (30)	30	1 cap	300mg	DHA/EPA rich schizochytrium algal oil	Chinese?	3.5 caps	8.6
Zinzino	BALANCEOIL+ VEGAN	oil blend (300ml)	40	7.5ml	716mg	Cold-pressed olive oil, algae oil from the micro-algae Schizochytrium sp., refined echium oil, flavour (natural lemon flavour), antioxidants (tocopherol-rich extract), vitamin D3 (cholecalciferol derived from plant extract).		10.5ml	28.5



* MODIFIED

Algae has been modified to have DHA/EPA ratio similar to fish oil



megaOmega® recommends adequate serving sizes to maximise your body's health. We do not offer more serves per bottle in order to appear most economical or better value by under recommending necessary serving sizes. megaOmega® is the best value.

