QUICK REVIEW

(Direct Comparison using 1040 mg EPA & DHA Daily)

Brand	Cost	EPA	DHA	Total mg	Cost per Mth	Qty Discount	Notes
Omega 3-6-9 Support	**$20.24**	**620**	**240**	**1040**	**$22.48**	**$20.98**	**Pharmaceutical Grade**
Costco	$15.39	410	274	684	$23.40	-	Not Pharmaceutical
Amazon (Carlson)	$24.97	800	500	1300	$19.98	-	**Total Fat 4,000 mg**
Walgreens	$14.99	384	300	684	$22.79	-	Not Pharmaceutical
GNC	$21.99	647	253	900	$25.41	-	Not Pharmaceutical
Wonder Labs	$22.65	625	245	870	$27.08	-	Not Pharmaceutical
Youngevity	$18.00	120	80	200	$51.76	-	**67% Borage/Flaxseed**

TOTAL REVIEW

BRAND	Notes	Cost	Softgels	Total mg	EPA	DHA	Total	Days	Cost/ Dose	Cost/ Month	Comments
Omega 3-69 Support	**Pharmaceutical Grade**	**$20.24**	**2**	**2000**	**620**	**420**	**1040**	**30**	**$0.02**	**$22.48**	**The best value for money**
Zone Health	Pharmaceutical Grade	$50.95	4	4000	1600	800	2400	30	**$0.02**	**$22.08**	**Facility also processes soy, dairy, milk/whey, egg, wheat & peanut/tree nut products.**
Wonder Labs	Pharmaceutical Grade	$22.65	2	2720	625	245	870	60	**$0.03**	**$27.08**	
Wonder Labs	Pharmaceutical Grade	$43.30	2	2720	625	245	870	120	**$0.05**	**$51.76**	
Costco	Kirkland	$15.39	1	1200	410	274	684	180	**$0.02**	**$23.40**	**Not Pharmaceutical Grade**
Youngevity	Ultimate EFA Plus	$18.00	1	605	120	80	200	60	**$0.09**	**$51.76**	**67% Borage/Flaxseed Oil**
Xtend-Life		$16.85	2	2000	260	600	860	30	**$0.02**	**$20.38**	**Not Pharmaceutical Grade**
Puritans Pride	For 3	$23.95	3	3600	0	0	0	40	**-**	**-**	**No EPA & DHA**
GNC	Triple Strength	$21.99	1	900	647	253	900	60	**$0.02**	**$25.41**	**Not Pharmaceutical Grade**
GNC	Triple Strength Borage/Flaxseed	$24.99	3	4515	647	253	900	30	**$0.03**	**$28.88**	**2,400 mg Sodium**
GNC-Amazon.com	Triple Strength	$27.99	3	4515	647	253	900	30	**$0.03**	**$32.34**	**Not Pharmaceutical Grade**
GNC - Drugstore.com	Triple Strength	$24.99	3	4515	647	253	900	30	**$0.03**	**$28.88**	**Not Pharmaceutical Grade**
Bioglan	Mini-gels	$17.49	1	500	165	110	275	100	**$0.06**	**$66.14**	**Not Pharmaceutical Grade**
Nordic Naturals		$28.86	2	2000	270	180	450	60	**$0.06**	**$66.70**	**Borage oil for GLA**
Walgreens	Nature Made	$16.99	2	2400	0	0	0	90	**-**	**-**	**No EPA & DHA**
Walgreens	Finest Natural	$14.99	1	1200	384	300	684	120	**$0.02**	**$22.79**	**Not Pharmaceutical Grade**
Walgreens	Finest Natural	$7.49	2	2400	0	0	0	50	**-**	**-**	**No EPA & DHA**
Walgreens	Natures Bounty	$15.99	1	1000	300	120	420	250	**$0.04**	**$29.59**	**Not Pharmaceutical Grade**
Walgreens	Natures Bounty	$19.99	2	2400	300	120	420	100	**$0.05**	**$49.50**	**Not Pharmaceutical Grade**
Walgreens	Natures Bounty	$10.99	1.5	2040	0	0	0	20	**-**	**-**	**No EPA & DHA**
Walgreens	Nutrimax	$14.99	2	3000	300	200	500	50	**$0.03**	**$31.18**	**Not Pharmaceutical Grade**
Walgreens	Schiff Omega-3	$14.99	1	1000	180	120	300	100	**$0.05**	**$51.97**	**Not Pharmaceutical Grade**
Carlson - Amazon.com	Liquid	$24.97	1	1600	800	500	1300	100	**$0.02**	**$19.98**	**Calories 40 - Calories from fat 40 - Total Fat 4gm**
Carlson - Overstock.com	Liquid	$32.99	1	1600	800	500	1300	100	**$0.03**	**$26.39**	**Not Pharmaceutical Grade**
Carlson - Drugstore.com	Liquid	$29.10	1	1600	800	500	1300	100	**$0.02**	**$23.28**	**Not Pharmaceutical Grade**
Carlson - Seacoast Vitamins	Liquid	$20.83	1	1600	800	500	1300	100	**$0.02**	**$16.66**	**Not Pharmaceutical Grade**
Wholemega	Amazon	$27.19	2	2000	180	200	380	60	**$0.07**	**$74.41**	**Not Pharmaceutical Grade**
Wholemega	Swansons	$32.97	2	2000	180	200	380	60	**$0.09**	**$90.23**	**Not Pharmaceutical Grade**
Wholemega	Vitamin Lab	$27.00	2	2000	180	200	380	60	**$0.07**	**$73.89**	**Not Pharmaceutical Grade**
	Average:	**$24.62**									