



# **THE OMEGA-3 SUPPLEMENT SCAM:**

## **HOW TO AVOID THE BOTTLES THAT DON'T WORK**

[VictoryHealthWellness.com](http://VictoryHealthWellness.com)

# INTRODUCTION

Most people choose an omega-3 supplement by looking at the price tag or the total "fish oil" milligrams on the front. This is a mistake. The quality and actual contents vary wildly, and if you buy the wrong one, your body won't absorb the healthy fats you need. Use this simple 5-step process to ensure you invest in a product that actually supports your heart and brain health.

*Don't waste money on a cheap bottle. Here's how to find the high-quality, effective dose your body needs.*



Step 1.

# CHECK THE TRUE DOSE (EPA + DHA)

Ignore the large number on the front that says "1000 mg Fish Oil." That number is irrelevant. The only number that matters is the **combined milligrams of EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid)**, which are the active ingredients.

- **Action:** Flip the bottle over and look at the "Supplement Facts" panel. If the label doesn't list the EPA and DHA amounts, put the bottle down.
- **Target:** For maintenance, look for a supplement that provides a total of **1000–2000 mg of combined EPA+DHA per day** across its full serving size.



# CONFIRM THIRD-PARTY PURITY TESTING

Fish oil can sometimes contain trace amounts of environmental toxins. High-quality manufacturers take the extra step to purify and test their products. Your supplement should prove it is clean.

- **Action:** Look for a seal or certification from independent testing groups like **IFOS (International Fish Oil Standards)** or **ConsumerLab.com**.
- **Target:** The product should clearly state that it has been tested for heavy metals (like mercury) and other contaminants.





### Step 3.

# UNDERSTAND THE FORM & MAXIMIZE ABSORPTION

Omega-3s come in different chemical forms that affect how well your body absorbs them. The most common form in supplements is the **Ethyl Ester (EE) form**.

- **Action:** If the label specifies "Ethyl Ester," you must **always** take the supplement with a meal that contains fat (like avocado, nuts, or olive oil). This small step increases absorption significantly.
- **Alternative:** If you are plant-based, skip fish oil altogether and choose **algal oil** with clear EPA+DHA numbers.





## Step 4.

# WATCH OUT FOR "RANCID" OIL

Omega-3 fats are delicate and can break down (oxidize) when exposed to heat or air, making them rancid. This reduces their effectiveness and can cause an unpleasant fishy aftertaste.

- **Action:** The supplement should contain an **antioxidant** (like vitamin E) to preserve freshness. Also, check the expiration date and ensure the oil smells neutral or slightly lemon-scented, not strongly fishy.
- **Sign of Quality:** A high-quality oil will generally cause less or no "fish burps."





## Step 5.

# COMMIT TO 12 WEEKS

Omega-3s are not a magic pill that works overnight. They need time to build up in your body's cells, particularly in the brain and red blood cells, before you can measure or feel their benefits.

- **Action:** Commit to taking your chosen dose consistently, every day, with a meal.
- **Expected Results:** Most people begin to feel a difference (e.g., less joint stiffness, better mood) after **8–12 weeks**. If you want a definitive status report, ask your doctor about the **Omega-3 Index blood test** after three months.





Choosing the right **omega-3** is a simple, five-minute decision that pays dividends for your health over decades. By focusing on the active dose (EPA+DHA) and committing to consistency, you ensure this simple daily habit delivers the powerful brain, heart, and joint protection your body deserves.