

DHA and EPA Content of Algal Oil Supplements

BRAND	TOTAL OMEGA-3s (MG)*	DHA (MG)	EPA (MG)
Deva Vegan DHA-EPA	300	180 to 210	90 to 120
Dr. Fuhrman DHA+EPA Purity (liquid)	>250	175	88
Nature's Science 100% Pure Vegan Omega-3	220	120	60
Nordic Naturals Algae Omega	715	390	195
Ovega-3	500	320	130
Source Naturals Vegan Omega-3s	600	360	180
Spectrum Vegan Ultra Omega-3 EPA+DHA with Vitamin D	550	330	165
Testa Omega-3	>450	>250	>125
Vegetology Opti3 Omega-3 EPA & DHA (with vegan vitamin D ₃)	912	500	300

* All products contain some sunflower or flaxseed oil in each dose, accounting for the difference between "Total Omega-3s" and the sum of EPA and DHA in the product.

— Sources: Company websites