



## Fish Oil Comparison

“Essential” fatty acids—omega 3, 6, and 9—cannot be made by the body. Therefore, they must come from the diet. And for the greatest health benefit, omega-3 fatty acids must be balanced with omega-6s. Unfortunately, the American diet consists mainly of omega-6 fatty acids found in cereals, whole-grain breads, fried foods, pastries, and margarine while omega-3 fatty acids—from oily Atlantic and Pacific fish—are rarely found.

Jigsaw Health Essential Omega-3 comes exclusively from oily, cold-water fish and contains essential amounts of the omega-3s needed for dietary balance. You won't find vitamins and minerals that can cause the oil to become rancid. You'll just get the purest refined fish oil without the fishy taste.

But not all fish oil is the same. You can easily find widely varying prices, formulas diluted with vitamins and minerals, and oils that—through incorrect processing—go rancid or contain contaminants. That's why we're giving you the information you need to help you make a decision.

We sell directly to you, not through a multi-level marketer, so we can offer a fair price for superior supplements that work, often with fewer capsules. And when you stack Jigsaw Health Essential Omega-3 up against the leading seller, you can find out what you're really getting—and paying!

Product	Essential Omega-3 by Jigsaw Health	Norwegian Fish Oil by Carlson Labs <sup>1</sup>
Vegetable-based softgels?	Yes	No
Source of fish oil <sup>2</sup>	Sardine, mackerel, anchovy, salmon	Cold-water Norwegian fish
Contains detectable levels of mercury, cadmium, lead, PCBs, and other toxins?	No	No
EPA (Eicosapentaenoic acid)	180 mg	160 mg
DHA (Docosahexaenoic acid)	120 mg	100 mg
Other omega-3 fatty acids	309 mg	60 mg
Total omega-3 fatty acids	609 mg	320 mg
Flavor	Unflavored	Orange
Container size	180 softgels	120 softgels
Suggested use	1-3 softgels, up to 3 times daily	5 softgels per day
Number of days supplied	60 days (3/day)	24 days (5/day)
Price	\$24.95	\$18.80 <sup>3</sup>
Cost per day	\$ .42	\$ .78

[www.JigsawHealth.com](http://www.JigsawHealth.com)

**Cited Sources:**

- 1) Carlson Laboratories, Inc., [http://www.carlsonlabs.com/product\\_detail.phtml?prodid=3b62f65a&catid=0014&PHPSESSID=685302bc17534a694c7e94c838ae43b3](http://www.carlsonlabs.com/product_detail.phtml?prodid=3b62f65a&catid=0014&PHPSESSID=685302bc17534a694c7e94c838ae43b3) Accessed Jan. 2006
- 2) WholeHealthMD.com, Experts recommend Atlantic salmon and other fatty fish including herring (both Atlantic and Pacific), sardines, Atlantic halibut, anchovy, bluefish, tuna, and Atlantic mackerel. [http://www.wholehealthmd.com/refshelf/substances\\_view/1,1525,992,00.html](http://www.wholehealthmd.com/refshelf/substances_view/1,1525,992,00.html), Accessed Jan. 2006
- 3) Prices do not reflect an additional \$4.50 handling charge imposed on all orders.