



## How much Omega-3 do I need to reach a desirable blood level?

Omega-3 form:		Target Omega-3 Index Level				
Ethyl Ester		8%	9%	10%	11%	12%
Current Omega-3 Index Level	0%	3200	3200	3200	3200	3200
	1%	3200	3200	3200	3200	3200
	2%	3200	3200	3200	3200	3200
	3%	3200	3200	3200	3200	3200
	4%	2200	3200	3200	3200	3200
	5%	1670	2840	3200	3200	3200
	6%	1210	1910	3200	3200	3200
	7%	780	1320	2090	3200	3200
	8%		820	1380	2180	3200
	9%			820	1370	2170
	10%				770	1310
	11%					670

Omega-3 form:		Target Omega-3 Index Level				
Triglyceride or Phospholipid		8%	9%	10%	11%	12%
Current Omega-3 Index Level	0%	3200	3200	3200	3200	3200
	1%	2650	3200	3200	3200	3200
	2%	2210	3200	3200	3200	3200
	3%	1820	3200	3200	3200	3200
	4%	1450	2310	3200	3200	3200
	5%	1090	1730	3180	3200	3200
	6%	720	1250	1980	3200	3200
	7%	370	820	1370	2170	3200
	8%		410	860	1430	2270
	9%			400	860	1420
	10%				360	810
	11%					270

This recommendation is meant to be a guide for how much EPA+DHA you may need in your diet to reach your Omega-3 Index target, based on research by Walker et al. 2019. Up to 5,000 mg per day of EPA and DHA is considered safe, but 3200 mg is set as the upper limit in the calculator due to data limitations. We recommend you retest after 3-4 months to see if your diet changes are working for you. Please consult your healthcare provider before making any major changes to your diet.