


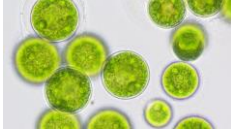



OmEGGa DHA® Comparison Table

	OmEGGa DHA®	Krill Oil	Fish Oil	Microalgae	Vegetable
Source of DHA Cage-free eggs. Cage-free chickens are fed microalgae, which contain high levels of DHA, or flax seed, a source high in ALA, which is converted to DHA. The eggs produced by these hens have a higher DHA content than regular eggs. [NASA/1] 		Mackerel, herring, tuna, halibut, salmon, cod liver, whale blubber, or seal blubber [WebMD/1] (ocean or farmed), but farmed fish are fed with smaller fish from ocean) [NOAA/2] 	Ocean or farmed in seawater 	Flaxseed 	
Bioidentical to DHA-bound phospholipid (PL) found in the brain [Valenzuela, Sanhueza/230]	Yes DHA bound to phospholipids	Yes DHA bound to phospholipids	No DHA bound to triglycerides (TG)	No DHA bound to triglycerides	No Not DHA; contains alpha-linolenic acid (ALA), which is not easily converted in the body to DHA
Easily Digested – no need for bile salts to aid in digestion [Chen/214]	Yes	Yes	No	No	No
DHA bioavailability to the blood and to the brain [Lemaitre-Delaunay/1873; Tang/5-6]	DHA-PL more bioavailable than DHA-TG	DHA-PL more bioavailable than DHA-TG	DHA-TG less bioavailable than DHA-PL	DHA-TG less bioavailable than DHA-PL	N/A
Efficient permeation through the blood-brain barrier [Liu7]	Yes DHA-PL 1.9 times better permeation than DHA-TG	Yes DHA-PL 1.9 times better permeation than DHA-TG	No DHA-TG permeation not as efficient as DHA-PL	No DHA-TG permeation not as efficient as DHA-PL	N/A
Fishy taste, fish burp [EMedicine/1-2]	No	Yes	Yes	Yes	No
Susceptible to Rancidity [Albert/1-2; Frankel/1]	Less Likely	Yes	Yes	Yes	Yes (Flaxseed oil)
Anticoagulant effect, possible bleeding due to EPA adverse effect) [EMedicine/1-2; Doughman/1]	Unlikely OmEGGa DHA® contains <1% EPA	Possible Contains EPA	Possible Contains EPA	Possible Contains EPA	Possible ALA is converted to both DHA and EPA
Drug interactions – EPA with NSAIDS (eg, ibuprofen, naproxen) or aspirin [EMedicine/1-2; Doughman/1]	Unlikely	Possible	Possible	Possible	Possible Also possible drug interaction with diabetes medications [UofMd/4]
Contaminants/toxins risk (methylmercury, PBCs, dioxins) [Nutri-facts/3]	Unlikely	Possible	Possible	Possible	Unlikely
Seafood/shellfish allergy risk	Unlikely	Possible	Possible	Possible	Unlikely
Egg allergy risk	Possible	Unlikely	Unlikely	Unlikely	Not likely

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