

My omega-3 label comparison

Keep quantities, serving basis and questions beside the actual label.

Review date and exact product/version

Serving size and number of servings in the bottle

EPA and DHA in mg per stated serving

Combined EPA+DHA and comparison basis

Source, capsule ingredients and added nutrients

Reason for considering a supplement

Medication, rhythm or other question to discuss

Agreed next step and review date

This sheet records labels and questions; it does not diagnose deficiency.

Arithmetic and checklists do not select a personal dose or clear a product for use.

Bring medication, condition and treatment questions to a qualified healthcare professional.