



The Clear Winner in Omega-3 Nutrition:†

# Omega-3 Plus



	<b>Neolife® Omega-3 Plus</b>	<b>Herbalife® Herbalifeline®</b>	<b>Healthy Care Fish Oil 1000mg Omega 3</b>	<b>Amway™ Nutrilite™ Advanced Omega</b>	<b>Bioglan Odourless Super Fish Oil Double Strength 200s</b>	<b>Nature's Own Concentrated Fish Oil Omega Ultra</b>	<b>NatureMade® Omega-3 From Fish Oil</b>	<b>Swisse Super Strength Odourless Wild Fish Oil</b>	<b>Ethical Nutrients High Strength Omega-3 120 Capsules</b>	<b>Blackmores Omega Tripple Super Strength Fish Oil</b>
Complete spectrum of Omega-3 Fatty Acids	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗
Clinically tested product	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗
At least 460 mg EPA per serving	✓	✗	✗	✓	✗	✓	✗	✓	✓	✓
At least 480 mg DHA per serving	✓	✗	✗	✗	✗	✓	✗	✓	✗	✓
At least 50 mg DPA per serving	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗
At least 80 mg of other omega-3s per serving	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗
Certified sustainably sourced fish oil	✓	✗	✗	✓	✓	✗	✗	✗	✓	✗
100% wild-caught fish	✓	✗	✗	✓	✗	✓	✓	✗	✓	✓

†Accurate according to product websites claims available on 8/04/26.

**References:**

Herbalife® Herbalifeline®: <https://www.herbalife.com/en-au/u/products/herbalifeline-90-softgel-capsules-0065>  
 Healthy Care Fish Oil 1000mg Omega-3: <https://healthycare.com.au/products/fish-oil-1000mg-omega-3>  
 Amway™ Nutrilite™ Advanced Omega: [www.amway.com/en\\_US/Nutrilite™ Advanced Omega-p-126136](https://www.amway.com/en_US/Nutrilite%E2%84%A2-Advanced-Omega-p-126136)  
 Bioglan Odourless Super Fish Oil: <https://bioglan.com.au/bioglan-odourless-super-fish-oil-double-strength-200s>

Nature's Own Concentrated Fish Oil Omega Ultra: <https://www.naturesown.com.au/products/omega-3/concentrated-fish-oil-omega-ultra/>  
 NatureMade® Omega-3 From Fish Oil 1200 mg Softgels: [www.naturemade.com/products/nature-made-fish-oil-derived-omega-3?variant=17622144254023](https://www.naturemade.com/products/nature-made-fish-oil-derived-omega-3?variant=17622144254023)  
 Swisse SuperStrength Odourless Wild Fish Oil: <https://swisse.com.au/swisse-ultiboost-super-strength-odourless-wild-fish-oil>  
 Ethical Nutrients High Strength Omega-3: <https://www.chemistwarehouse.com.au/buy/60237/ethical-nutrients-high-strength-omega-3-120-capsules>  
 Blackmores Omega Triple Super Strength Fish Oil: <https://www.blackmores.com.au/products/omega-triple>