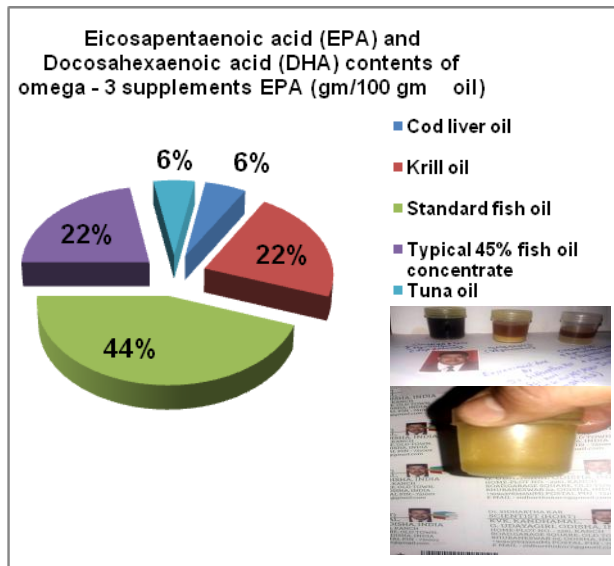


Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) contents of omega - 3 supplements-

As table number - 4 shows different components in which we can get Omega -3 supplements and out of 100 grams of commodity we receive best supplements with standard common carps 80gm EPA, 20 gm DHA followed with krill oil 40gm EPA & 60 gm DHA, mixture of 45 % concentrate fish oil we can get 40 gm EPA & 60 gm DHA so on.

Table Number – 4

Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) contents of omega - 3 supplements			
Component out of 100 grams	EPA (gm/100 gm oil)	DHA (gm/100 gm oil)	EPA + DHA (gm/100 gm oil)
Standard fish oil	80	20	100
Krill oil	40	60	100
Mixture of 45% fish oil concentrate	40	60	100
Tuna oil	10	50	60
Cod liver oil	10	90	100



CONCLUSION:

So it is better to use agriculturally found Triglycerides (ALA) with natural vegetable base insulin's and fish base EPA, DPA & DHA derived Omega natural food supplements to protect our self from diseases like CORONA virus chain, Mental disorders, eye related night blindness, Overweight, skin diseases, MMR & life to child in pregnant women, children related deficiency cause low attention and hyperactivity, liver fat, depression, mental decline, asthma & allergy, bone growth related diseases, mal nutrition due to deficiency of added vitamins like A, D, E, K & B vitamin chain. Regular consumption of 0.2 – 0.5 gm omega extract rich fruits & vegetables, egg, processed meat, fish, milk derived from both animal & botanical sources and agronomical crop produce such as wheat, rice (black rice) & other cereals processed food can give us better health for bright future of our family as well as nation. The effectiveness of the natural triglycerides will depend on avoid of alcohols such as liquors and other related toxic rich commodity.

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