



Vitality360

OMEGA-3 SUPPLEMENT CHEAT SHEET

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INTRODUCTION

This supplement cheat sheet will take the guesswork out of choosing an omega-3 that genuinely works for YOU. Because the "best" omega-3 isn't a single product. It depends entirely on what you're chasing.

Inside, you'll find my three goal-matched picks - one for cardiovascular health and inflammation, one for longevity, and one for my plant-based eaters - and exactly how many capsules it takes to match the gold-standard research levels. I've done an extensive search and analysis of over 40 products and brands, based on EPA:DHA ratio, purity, availability and cost, and these are my top picks.

The right omega-3, in the right ratio, is one of the simplest, highest-impact things you can do for your brain, your heart and your healthy years ahead. I really hope this is helpful for you.

Amelia

SUPPLEMENTS

CARDIOVASCULAR

What it does

A high-EPA formula built for your heart. EPA is the anti-inflammatory, triglyceride-lowering omega-3 - it helps thin the blood, calm inflammation, and support healthy circulation, blood pressure and mood. At 2 caps you're getting a generous ~1500mg of EPA, the kind of dose used for cardiovascular and inflammatory support. (It won't raise your Omega-3 Index as quickly as a DHA-led oil - that's the trade-off for its heart and anti-inflammatory strengths.)

Tips and tricks

Take 2 caps with your largest meal - omega-3s are fat-soluble, so a little dietary fat dramatically improves absorption.

Brands I recommend

[Designs For Health Omegavail 1250](#)** - A widely available trusted Australian practitioner-grade brand and has a 3:1 EPA to DHA ratio. Sourced from a concentrated source of sustainably caught wild sardines and anchovies.



LONGEVITY/OMEGA INDEX

What it does

This is a DHA powerhouse, and the one that actually moves your Omega-3 Index. DHA is the structural omega-3 that embeds into your cell membranes, brain and red blood cells - exactly what lifts your Index into the protective 8-12% longevity zone. This is the pick for brain health, cognition and adding healthy years.

Tips and tricks

Take 2 caps daily to get a full 1000mg of DHA, comfortably past the DO-HEALTH trial's level. Consistency is everything - it takes around 3-4 months of daily use to fully saturate your red blood cell membranes, so retest your Omega-3 Index after about four months to see the shift.

Brands I recommend

BioCeuticals UltraClean DHA Omega ** A leading Australian practitioner-grade brand from fish oil sourced from sustainably caught Alaskan fish and tested below regulatory limits for heavy metals, dioxins and PCBs.



What it does

Omega-3s straight from the original source - algae, which is where fish get their DHA in the first place. Unlike most plant options, this one delivers both DHA and EPA, so at 2 caps you get 1000mg DHA and 400mg EPA - enough to exceed the DO-HEALTH trial on both, lift your Index, and support heart and brain. A brilliant choice if you're plant-based, or simply want to skip a fish-based supplement altogether. Note: Algae based Omega-3 are more expensive than fish-based.

Tips and tricks

2 Capsules per day. Take with a meal with some fat to absorb it well and like any omega-3, give it 3-4 months and retest your Index - the building blocks take time to embed.

Brands I recommend

BioMedica Algal DHA+EPA ** sourced from sustainably cultivated Schizochytrium microalgae - so it's vegan, free of ocean contaminants, and rigorously tested for oxidation and heavy metals.



VEGAN/ALGAE BASED

Most supplements can be purchased online or from your local health food store. Or for the full range, including practitioner-only products, you can also order through our Vital.ly store. Once connected, you'll be able to view and purchase the recommended products directly.

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