



Fullscript-tested

Assessing EPA and DHA potency

At Fullscript, we're committed to independently testing products we distribute to provide quality assurance and validate important safety and efficacy label claims.

As part of our commitment to quality, we selected a variety of products distributed by Fullscript to test for potency and/or purity claims. Based on US and Canadian industry guidelines, Fullscript's Medical Advisory Team defined **greater than 100%** of label claims as the qualifying benchmark for quality confirmation.

Learn more about [Fullscript's commitment to quality](#).

About EPA and DHA

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are long-chain omega-3 polyunsaturated fatty acids (PUFAs) primarily found in marine sources such as fatty fish and algae. They are critical for cellular membrane fluidity, inflammation support, and neurodevelopmental processes. (Harwood 2019)

EPA is known for its inflammatory health effects through the competitive inhibition of arachidonic acid-derived prostaglandins and leukotrienes, as well as the modulation of cytokine expression. DHA plays a crucial role in neuronal membrane integrity, synaptic function, and signal transduction, particularly in the central nervous system. (Zhang 2018)

Clinically, EPA and DHA supplementation have demonstrated benefits in cardiovascular health, particularly triglyceride management and healthy blood pressure support. (Geleijnse 2002)

DHA is also implicated in cognitive health and neurosupportive, with emerging evidence supporting its role in supporting cognitive health in aging populations. (Ghasemi 2019)

Patient considerations

- EPA and DHA at pharmacologic doses (≥ 2 g per day) reduce serum triglycerides by 20–50%. (Jacobson 2008)
- **Cardiovascular patients:** Evidence supports EPA's role for supportive care. (Bhatt 2019)
- **Pregnant and lactating individuals:** DHA is essential for fetal and neonatal brain and retinal development. (Zhang 2018)
- **Older adults with mild cognitive impairment:** DHA intake is associated with cognitive support outcomes. (Zhang 2016)
- **Individuals with mental health concerns:** Adjunctive EPA (>60% of total omega-3 content) has shown effects in several meta-analyses. (Grosso 2014)

EPA and DHA quality concerns

Potency variance: Some products available on the market may not contain the full amounts of labeled EPA and DHA content. (Albert 2015)

Oxidation status: If proper manufacturing and handling processes are not adhered to, peroxide or anisidine values may exceed the oxidation limits developed by the Global Organization of EPA and DHA (GOED), indicating lipid peroxidation risk. (Albert 2015)

Labeling issues: Some products on the market may report combined omega-3 content but not specify individual EPA and DHA amounts, limiting clinical utility.

High-quality certifications: Products certified by IFOS or NSF are tested for potency and purity claims, offering added assurances for product safety and efficacy.

To learn more about EPA and DHA, check out our [ingredient library](#).

Did you know?

Some overage of primary ingredients is necessary for product shelf life. The US Food and Drug Administration (FDA) mandates that dietary supplements meet label claims until expiration. Manufacturers, therefore, add extra ingredient amounts to ensure compliance. Delivery formats with less integrity, such as gummies and liquids, lose potency faster and require additional overage amounts.

106.3%

Average percentage of EPA+DHA content compared to label claims for Fullscript-tested omega-3 products



Featured Fullscript-tested products

The Fullscript catalog experience allows you to filter Fullscript-tested products. The following are featured high-quality products that meet Fullscript's potency standards.

Product	SKU	Results (Total EPA+DHA)
Thorne Prenatal DHA 60c	THO-SP606P	111.9%
Metagenics OmegaGenics Neuro Fish Oil 1000mg 60sg	MET-NEU60	104.2%
Metagenics OmegaGenics EPA-DHA 1000 Fish oil	MET-EPATG120	102.7%

References

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