

# Comparing Ultimate Omega, Res-Q 1250 and True Omega 3

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About a year ago we began thinking about selling another fish oil comparable to Res-Q 1250. Nine months ago we began offering **True Omega-3**, and thus far the customer reviews have been superb. Due to circumstances beyond our control, we won't be offering Res-Q 1250 anymore. Here is a simple synopsis to help you compare these three premium Norwegian brands.

Fish oil quality is assessed based on purity, potency, source, freshness, and price. Here is how Ultimate Omega, Res-Q 1250 and **True Omega-3** compare:

## **PURITY:**

All three brands are molecularly distilled, which is the industry standard for removing heavy metals and other toxins from fish oil. All three products exceed international guidelines for purity. We couldn't find exact specifications on levels of lead, mercury, and other toxins for RES-Q or Nordic Naturals, but in **True Omega-3** these levels are well under 1 part per billion, which is many thousands of times more pure than international guidelines specify.

The bottom line is that all three products are very safe and purified using the best technology available. All 3 brands exceed the purity standards of California's Prop 65.

## **POTENCY:**

The potency of Omega-3 fish oil is a reflection of the concentration of EPA and DHA in the fish oil. Res-Q 1250 contains an average of 750-850mg of EPA and DHA in a 1250mg capsule. Percentage-wise, this means Res-Q 1250 is 64% EPA and DHA using the average of 800mg.

Ultimate Omega contains 550mg of EPA and DHA per 1100mg capsule: 55% EPA and DHA. **True Omega-3** contains 700mg of EPA and DHA in a 1000mg capsule: 70% EPA and DHA.

Overall, Res-Q 1250 contains the most grams of Omega 3 per capsule, but **True Omega-3** has the highest percentage of EPA and DHA. The industry standard for premium grade fish oil is a minimum of 50% EPA and DHA. All three products surpass this. Four capsules of Res-Q 1250 provides 3.2 grams of EPA and DHA in 5 total grams of fish oil. Five capsules

of Ultimate Omega provides 2.75 grams of EPA and DHA in 5.5 total grams of fish oil. Five capsules of **True Omega-3** provides 3.5 grams of EPA and DHA in 5 total grams of fish oil.

## **FRESHNESS:**

Ultimate Omega, Res-Q 1250 and **True Omega-3** are produced in small batches and don't suffer from long months of storage in warehouses and distribution centers, as most store-bought brands do. All three products are also enhanced with antioxidants to ensure freshness and potency and are among the freshest fish oils you can buy. Recently we tested a large national bulk retailer's premium brand. The oil looked good and reported high EPA/DHA content, but was absolutely rancid. It caused gagging and regurgitation. Dr Mercola did similar testing on another large national bulk retailer and found similar problems with rancidity.

## **SOURCE:**

Norwegian fisheries are the preferred source for fish oil. Ultimate Omega, Res-Q 1250 and **True Omega-3** all come exclusively from fish caught off the coasts of Norway.

## **THE BOTTOM LINE:**

Ultimate Omega, Res-Q 1250 and **True Omega-3** are all superb quality fish oils. You simply can't go wrong with any of these brands. Because of contractual difficulties we are no longer able to offer RES-Q 1250. We chose not to offer Ultimate Omega because of their \$69.95 price tag for a 180 capsule bottle. Instead, we have chosen to introduce you to **True Omega-3** - an Optimal Health RSQ exclusive.

We are offering **True Omega-3** at extraordinary prices. High grade, premium fish oil truly saves lives. By discounting **True Omega-3** well below other premium fish oil we hope to do our part in making this essential supplement more affordable. We are debuting our 240 count bottles of **True Omega-3** at price points well below Res-1250 200 count or Ultimate Omega's 180 count bottles. This way you get more fish oil at a better price point. We want as many people as possible to begin taking **True Omega-3** and enjoying the benefits today. We're also offering handsome loyalty incentives and additional discounts for Seniors and Veterans. We've done everything possible to bring you the best quality fish oil we have ever seen at an phenomenal price.



N3's Res-Q 1250 is a Fine Product!  
 Nordic Natural's Ultimate Omega is a Fine Product!

We have been saying this for years!

# But Today We are Selling True Omega-3! Why?

## How Does True Omega-3 Compare with Ultimate Omega and Res-Q 1250?

We offer this guide to show the similarities and differences of 3 Norwegian fish oils. Today, you have to consider carefully how you spend your health dollars. Five years ago it was easy to open your wallet and spend without much thought. In today's economy, we have to put more analysis into how we spend. We hope this guide is informative. Yes, we sell one of these brands. Yet, we offer conclusively that all three brands are of excellent quality. Hopefully you will see the value in our offerings. I am a certified fitness instructor and the analysis below was written by my partner, a Rhodes scholar, and who today teaches medical doctors and coaches clients on practical ways to maintain health, prevent disease and to manage illness using proactive holistic methods. We have done the research, you get to decide.

### True Omega-3



Supplement Facts	
Serving Size 1 Soft Gelatin Capsule	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Polyunsaturated Fat	0.5 g *
Vitamin E (d-Alpha tocopheryl)	1.1 IU 4%
Fish Oil	1,000 mg capsule 70% pure 1,000 mg *
EPA (Eicosapentaenoic Acid)	420 mg *
DHA (Docosahexaenoic Acid)	280 mg *

\*Daily Value not established.

**Other ingredients:** Gelatin, glycerin, and purified water.

### Res-Q 1250



### Ultimate Omega



Our company was a RES-Q 1250 distributor for five years. We have also sold Nordic Naturals Ultimate Omega in the past. Here is a fair comparison of all three brands so you can decide which product provides the most value for your health dollars. We have done the research. We have superior quality products. Excellence in customer service is what we do. Let's me know what we can do to help.

Three Norwegian Fish Oils: All excellent oils and fresh. You can't go wrong with any of them. For value, I recommend **True Omega-3**.

Supplement Facts	
Serving Size (1 Capsule)	
Amount Per Serving	% Daily Value*
Calories (energy)	10
Calories from fat	10
Total Fat 1 gram	1250mg capsule 64% pure 1g 1.5%*
Omega-3 Fatty Acids	750-850 mg †
EPA (Eicosapentaenoic Acid)	390-430 mg †
DHA (Docosahexaenoic Acid)	300-325 mg †
Other Omega-3 Fatty Acids	50-100 mg †

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

**Ingredients:** Highly refined Omega-3 Marine Oil, Capsule (gelatin, glycerin and purified water), Natural Lemon Flavor, Proprietary Antioxidant Blend (consisting of rosemary extract, ascorbyl palmitate and natural tocopherols).

Supplement Facts	
Serving Size (2 Soft Gels)	
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.1 g 1%
Trans Fat	0 g †
Vitamin E (d-alpha tocopherol)	80 I.U. 100%
Omega-3s	Weight ‡ Volume %
EPA (Eicosapentaenoic Acid)	650 mg 35%
DHA (Docosahexaenoic Acid)	450 mg 25%
Other Omega-3s	180 mg 10%
Total Omega-3s	1280 mg 70%
Oleic Acid (Omega-9)	56 mg 3%

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established. ‡ Natural Triglycerides less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract. May have been manufactured on the same processing line as products containing soy derivatives. No gluten, milk derivatives, or artificial colors or flavors.

Product	Origin	Cap Size	EPA/DHA/Cap	Softgel/bottle	Min Price	Max Price	Auto Ship
True Omega-3	Norway	1000mg	700mg (70%)	240	\$31.00	\$40.00	3 bottles for \$84.15
Res-Q 1250	Norway	1250mg	750mg (60%)	200	\$41.00	\$56.00	Platinum Program
Ultimate Omega	Norway	1000mg	550mg (55%)	180	\$59.00	\$69.00	N/A

\*We used the minimum reported EPA/DHA content for Res-Q. They report 750- 850 mg per capsule as seasonal adjustments.