



Guide to Omega-3 Levels of Fish

A handy reference to take along to the grocery store or when dining out

We encourage you to get omega-3 from fish; and have developed this guide to help you make informed decisions about which fish to choose. However, many people find it difficult to get enough EPA and DHA each day from fish alone. That is why we developed the Gene Smart™ Omega-3 Fish Oil Supplement which is recommended by Dr. Chilton.

Our Gene Smart Omega-3 Supplement is made from premium quality purified fish oil that has been highly concentrated to provide 1,200 mg of EPA + DHA in each 2 soft gel serving. As part of a daily routine, it can help you increase your Omega-3 Index with just a couple of soft gels a day.

Order online at www.genesmart.com, and while you are there, sign up for our free newsletter and take full advantage of the range of tools and resources to help you improve your health and energy, lose weight, reduce whole body inflammation, decrease risk of chronic diseases and live a more vigorous and active life!

Gene Smart Wellness is a preventative health care company that utilizes the latest understanding of the relationship between diet & exercise, our genes and our health to empower individuals to make healthy changes in their lives in order to live abundantly.

Highest Levels: Suggestions containing > 500mg of Omega-3

Contain over 500 milligrams of EPA + DHA per 3.5 oz. serving and a very favorable ratio of omega-6 to omega-3.

- Mackerel
- Coho Salmon
- Sockeye Salmon
- Copper River Salmon
- Trout
- Canned Albacore Tuna
- Canned Wild Alaskan Salmon
- Canned Sardines
- Canned Gourmet Salmon *primed fillet*
- Canned Skinless Pink Salmon

Suggestions containing < 150mg of Omega-3

Contain less than 150 milligrams of EPA + DHA per 3.5 oz. serving. Can be a good low-calorie protein source.

- Mahi-Mahi
- Skate
- Bluefin Tuna
- Monkfish
- Red Snapper
- Wahoo
- Grouper
- Corvina
- Tuna

Suggestions containing 150 – 500mg of Omega-3

Contain 150 to 500 milligrams of EPA + DHA per 3.5 oz. serving and a favorable ratio of omega-6 to omega-3.

- Haddock
- Cod
- Hake
- Halibut
- Shrimp
- Sole
- Flounder
- Perch
- Black Bass
- Swordfish
- Oysters
- Alaskan King Crab
- Farmed Atlantic Salmon

Fish containing little or no Omega-3 Not recommended for the Gene Smart Program

Contain little or no EPA and DHA and a detrimental ratio of omega-6 to omega-3. Not recommended if you have an inflammatory disorder.

- Tilapia
- Farmed Catfish

Please note that this is not an exhaustive list of all fish, just the ones that Dr. Chilton's laboratory has directly analyzed to assure their content of EPA and DHA.