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Udo's Oil is a very reputable and popular brand of omega 3 fatty acid. The 3-6-9- combination is a very nice blend of all the omega's that are important to receive. More important however, is the omega 3's that your body actually absorbs. Only 35% of Omega 3's that come from sources other than fish are converted to EPA and DHA. EPA and DHA are the holy grail of Omega 3's. Stated differently, Omega 3's from flaxseed are not as bioavailable. It is one way that many manufacturers reduce the cost of their Omega 3 product. People think all Omega 3's are created equal. They are not. Omega 3's from fish oil (which deliver EPA and DHA in the amount of 1000 mg / TWO softgels) is getting the bang for your buck. EPA is more effective for cardiac inflammation, and DHA is more beneficial for neurologic inflammation (family histories of Alzheimer's, depression). I recommend a combination of both EPA/DHA for everyone. The Udo's would be a great supplement to the fish oil to round out the entire complement of Omega 3's. I recommend Nordic Naturals or Carlson's brands because they are free of mercury, PCB's, and molecularly distilled. They are not cheap though. We are able to get Nordic Naturals at cost if you are interested. A few patients ask us to do that for them. We do not order in advance as their shelf life is limited. You do not want your fish oil to smell fishy. If it does, it is likely rancid. These oils **MUST BE REFRIGERATED**.

Omega's 3's should be consumed in a 4:1 ratio to omega's 6's. Most Omega 6's found in unrefined carbohydrates are bad, those found in Udo's are the few good ones of the 6's