

FISH OIL

It is recommended by the American Heart Association to eat fish at least twice per week to provide our bodies with healthy fat. Even if this is accomplished, it doesn't provide enough of the essential fatty acids (EPA and DHA) to meet our body's needs - especially during intense training. The benefits of fish oil have been well documented and publicized throughout the last decade. You want to shoot for about 3,000 milligrams of EPA and DHA combined per day. Inferior brands of fish oil will have you taking 6-8 pills daily to meet this goal, while higher quality oil will contain more EPA and DHA, which require you taking less pills. Lower quality fish oil pills will also contain contaminants that you definitely don't want in your body.

Fortunately, in addition to our other supplements, Ultra Omega-3, is a high-quality fish oil supplement in the PowerStrength Supplement line!

