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## NUTRITION

✓ Evidence Based

# 12 Best Fish Oil Supplements to Boost Your Omega-3s for 2025, According to Dietitians



Medically reviewed by [Jared Meacham, PhD, RD, CSCS](#) — Written by [SaVanna Shoemaker, MS, RDN, LD](#) and [Rachael Ajmera, MS, RD](#) — Updated on [March 31, 2025](#)

## On this page



## Key takeaways

- Look for a fish oil supplement that has around 250 to 500 milligrams (mg) of combined eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per serving.
- Important indicators of quality include third-party testing and certification by an independent organization like the Therapeutic Goods Association (TGA), Friend of the Sea, NSF International, International Fish Oil Standards (IFOS), European Pharmacopoeia, Marine Stewardship Council, or Orivo.
- Based on quality, registered dietitian input, and tester feedback, [Nordic Naturals Ultimate Omega Soft Gels](#) is our top pick for the best fish oil supplement.

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Photography courtesy of testers

## A quick look at the best fish oil supplements

- **Best overall:** Nordic Naturals Ultimate Omega Soft Gels | *Skip to review*
- **Best for skin health:** HUM Nutrition OMG! Omega the Great | *Skip to review*
- **Best for cholesterol levels:** Thorne Omega-3 with CoQ10 Capsules | *Skip to review*
- **Best for pregnancy and breastfeeding:** FullWell Fish Oil | *Skip to review*
- **Best high dose:** Mindbodygreen Omega-3 Potency+ | *Skip to review*
- **Best single source omega:** Sports Research Omega-3 Fish Oil | *Skip to review*
- **Best cod liver oil:** Nordic Naturals Arctic Cod Liver Oil | *Skip to review*
- **Best for joint pain:** InnovixLabs Triple Strength Omega-3 Capsules | *Skip to review*
- **Best gummies:** Nature Made Fish Oil Gummies | *Skip to review*

- **Most digestible:** [Viva Naturals Omega-3 Fish Oil Softgels](#) | [Skip to review](#)
- **Best liquid:** [Carlson Labs The Very Finest Fish Oil](#) | [Skip to review](#)
- **Most affordable:** [Nutricost Fish Oil Softgels](#) | [Skip to review](#)

### Featured Partner Offer ⓘ

#### Sports Research Omega-3 Fish Oil

4.7 (43.2K+) FROM AMAZON

**Form:** softgels

**Dose:** 1 softgel per day

**Certifications:** non-GMO tested, MSC Certified Sustainable Seafood, third-party tested

SHOP NOW AT AMAZON

#### Editor's take

“I was surprised by how easy the pill went down (cannot emphasize that enough) and that there was no aftertaste. No fishy burps or bad smells. Also love that the brand seems environmentally conscious. There is fish gelatin in the pill though, FYI!”

— Parisa Syed, Healthline editor

Omega-3 fatty acids play an important role in supporting heart, eye, and brain health, and for lowering inflammation and cholesterol, among other benefits.

They're abundant in cold-water fatty fish and other seafood and in lesser amounts in plant-based foods, such as nuts, seeds, and plant oils.

But if you don't eat these foods often, omega-3 supplementation through fish oil is an easy and helpful process to increase your intake of this

essential nutrient.

Here are our picks of the best fish oil supplements on the market.

## Pricing guide

- **\$** = under \$1 per serving
- **\$\$** = \$1 to \$1.50 per serving
- **\$\$\$** = over \$1.50 per serving

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## Healthline's picks for the best fish oil supplements

***Disclaimer:** Some of the products below were provided to Healthline testers for free. Our opinions and reviews are ours alone, and have not been reviewed, approved, or otherwise endorsed by the brands.*

### Best overall

#### Nordic Naturals Ultimate Omega Soft Gels

4.8 (13.7K+) FROM IHERB

- **Number of servings:** 60 per container
- **EPA:** 650 mg per serving
- **DHA:** 450 mg per serving
- **Certifications:** third-party tested for purity and potency, non-GMO tested, Friend of the Sea certified sustainable
- **Price:** \$\$

SHOP NOW AT IHERB

4.5

### Healthline's review

OUT OF 5

**Why it's best overall:** Nordic Naturals Ultimate Omega Soft



**What our tester says** +

**Pros & cons** +

**Product details** +

**Best for skin health**

**HUM Nutrition OMG! Omega the Great**

4.7 (162+) FROM HUM

- **Number of servings:** 30 per container
- **EPA:** 800 mg per serving
- **DHA:** 400 mg per serving
- **Certifications:** third-party tested for purity and potency, Clean Label Project certified, Non-GMO Project Verified
- **Price:** \$\$

SHOP NOW AT HUM NUTRITION

**4.3**  
OUT OF 5

**Healthline's review**

**Why we picked it:** HUM Nutrition OMG! Omega-3 Softgels are designed to [support healthy skin](#) thanks to their



What our tester says	+
Pros & cons	+
Product details	+

Best for cholesterol levels

Thorne Omega-3 with CoQ10 Capsules

4.7 (50+) FROM AMAZON

- **Number of servings:** 90 per container
- **EPA:** 450 mg per serving
- **DHA:** 180 mg per serving
- **Certifications:** NSF certified facilities
- **Price:** \$\$ to \$\$\$

SHOP NOW AT OPTUM NOW

4.3  
OUT OF 5

**Healthline’s review**

**Why we picked it:** This high quality fish oil supplement pairs omega-3 fatty acids with [coenzyme Q10 \(CoQ10\)](#), a heart-



What our tester says	+
Pros & cons	+

Product details

+

Best for pregnancy and breastfeeding

FullWell Fish Oil

4.5 (15+) FROM FULLWELL

- **Number of servings:** 30 per bottle
- **EPA:** 100 mg
- **DHA:** 500 mg
- **Certifications:** third-party tested for purity and potency, Friend of the Sea certified sustainable
- **Price:** \$\$

SHOP NOW AT FULLWELL

4.5  
OUT OF 5

Healthline’s review

**Why we picked it:** This omega-3 supplement from FullWell provides EPA and DHA from small ocean fish, which are



What our tester says

+

Pros & cons

+

Product details

+

Best high dose

Mindbodygreen Omega-3 Potency+

4.9 (43+) FROM MINDBODYGREEN

- **Number of servings:** 30 servings per container
- **EPA:** 857 mg per serving
- **DHA:** 643 mg per serving
- **Certifications:** ORIVO certified
- **Price:** \$\$\$

Use code **"HEALTHLINE20"** for **20% off**.

SHOP NOW AT MINDBODYGREEN

4.5  
OUT OF 5

Healthline’s review

**Why we picked it:** Mindbodygreen’s omega-3 supplement features organic lemon oil and rosemary extract to help



What our tester says	+
Pros & cons	+
Product details	+

Best single source omega

Sports Research Omega-3 Fish Oil

4.7 (43.2K+) FROM AMAZON

- **Number of servings:** 90 per container
- **EPA:** 690 mg per serving
- **DHA:** 260 mg per serving



- **Certifications:** non-GMO verified, IFOS 5-star certified, MSC certified
- **Price:** \$

SHOP NOW AT AMAZON

4.8  
OUT OF 5

**Healthline’s review**

**Why we picked it:** Made from single-source, wild-caught Alaskan pollock, Sports Research stands out as a high-



What our tester says	+
Pros & cons	+
Product details	+

**Best cod liver oil**

**Nordic Naturals Arctic Cod Liver Oil**

4.7 (5K+) FROM AMAZON

- **Number of servings:** 48 per container
- **EPA:** 340 mg per serving
- **DHA:** 510 mg per serving
- **Certifications:** third-party tested for purity and potency, non-GMO tested, Friend of the Sea certified sustainable
- **Price:** \$

SHOP NOW AT IHERB

4.3  
OUT OF 5

Healthline’s review

**Why we picked it:** Cod liver oil is a unique type of fish oil pressed from the livers of cod, a type of fish that’s also a



What our tester says	+
Pros & cons	+
Product details	+

Best for joint pain

InnovixLabs Triple Strength Omega-3 Capsules

4.7 (1.5K+) FROM AMAZON

- **Number of servings:** 200 per container
- **EPA:** 480 mg per serving
- **DHA:** 360 mg per serving
- **Certifications:** IFOS certified
- **Price:** \$

SHOP NOW AT IHERB

Healthline's review

**Why we picked it:** This Triple Strength Omega-3 is burpless and helpful for joints, cognition, eye and skin health. Omega-3 is also helpful for mood support and [maintaining serotonin](#) (feel good hormone) levels.



Pros & cons

+

Product details

+

Best gummies

Nature Made Fish Oil Gummies

4.6 (1.2K+) FROM AMAZON

- **Number of servings:** 75 per container
- **EPA:** 9.5 mg per serving
- **DHA:** 47.5 mg per serving
- **Certifications:** USP verified
- **Price:** \$

SHOP NOW AT AMAZON

Healthline's review

**Why we picked it:** If you’re interested in just a steady — not a heavy dose — of daily fish oil, Nature Made makes a low-dose gummy for ease of consumption.

**What else to know:** The deep-ocean fresh and wild caught fish provide omega-3 fatty acids with natural fruit flavors and no artificial flavors or colors. It now comes in Orange flavor only.

Pros & cons

+

Product details

+

## Most digestible

### Viva Naturals Omega-3 Fish Oil Softgels

4.7 (10.7K+) FROM AMAZON

- **Number of servings:** 90 per container
- **EPA:** 1,500 mg per serving
- **DHA:** 480 mg per serving
- **Certifications:** IFOS certified, Labdoor Tested for Sport, non-GMO
- **Price:** \$

SHOP NOW AT IHERB

### Healthline's review

**Why we picked it:** Viva Naturals Omega-3 has been converted into re-esterified triglycerides, which is fancy language for changing the chemical compound to help make it more absorbable.



Pros & cons

+

Product details

+

## Best liquid

### Carlson Labs The Very Finest Fish Oil

4.9 (10.6K+) FROM AMAZON

- **Number of servings:** 100 per container
- **EPA:** 800 mg per serving
- **DHA:** 500 mg per serving

- **Price:** \$

SHOP NOW AT IHERB

**Healthline's review**

**Why we picked it:** Carlson labs liquid fish oil is sourced from wild-caught anchovies, [sardines](#), and mackerel. It's certified by [IFOS](#) and non-GMO Project verified.

**What else to know:** This omega is very high potency. Each teaspoon (5 milliliters) contains 1,600 mg of omega-3 fatty acids, with 1,300 mg from EPA and DHA. High doses could cause immune system suppression, so you may want to speak with a doctor before taking.

**Pros & cons** +

**Product details** +

**Most affordable**

**Nutricost Fish Oil Softgels**

- **Form:** softgel
- **Number of servings:** 240 per container
- **EPA:** 340 mg per serving
- **DHA:** 220 mg per serving
- **Price:** \$27.95

SHOP NOW AT IHERB

\*Price may vary.

Healthline's review

**Why we picked it:** At 240 softgels per bottle, this fish oil is the best value fish oil supplement we’ve found.

**What else to know:** Nutricost is a full suite sports performance brand that offers everything from creatine to fish oil, in addition to a wide range of other supplements. Its products are gluten-free, cGMP-compliant, and free of GMOs.

Pros & cons +

Product details +

A comparison of the best fish oil supplements


PRODUCT	PRICE	DHA PER SERVING	EPA PER SERVING	
Nordic Naturals Ultimate Omega	\$\$	450 mg	650 mg	
HUM Nutrition OMG! Omega the Great	\$\$	400 mg	800 mg	
Thorne Omega-3 with CoQ10	\$\$ to \$\$\$	180 mg	450 mg	
FullWell Fish Oil	\$\$	500 mg	100 mg	

Mindbodygreen omega potency+	\$\$\$	643 mg	857 mg
Sports Research Omega-3 Fish Oil	\$	260 mg	690 mg
Nordic Naturals Arctic Cod Liver Oil	\$	510 mg	340 mg
InnovixLabs Triple Strength Omega-3 Capsules	\$	360 mg	480 mg
Nature Made Fish Oil Gummies	\$	47.5 mg	9.5 mg
Viva Naturals Omega-3 Fish Oil Softgels	\$	568 mg	1500 mg

## How we chose the best fish oil supplements

When rounding up the best fish oil supplements, we considered the following factors:

- **Vetting:** You can read more about [how we review dietary supplements](#). All the products included were [vetted](#) to ensure they meet Healthline’s medical and business standards, including but not limited to:
  - adhering to allowable health claims and labeling requirements, per Food and Drug Administration (FDA) regulations
  - manufactured in facilities that adhere to current good manufacturing practices (CGMPs) established by the FDA
  - produced by medically credible companies that follow ethical, legal, and industry best standards

- **Quality:** In addition to the quality of ingredients, we looked at the company's testing and manufacturing processes. The products selected are made by companies that provide objective measures of trust, such as having their supplements validated by third-party labs.
- **Fish oil source:** We prioritized supplements with oil from smaller fish because they're typically lower  in mercury than larger fish.
- **Certifications:** We prioritized products with additional certifications from independent organizations to help ensure quality, transparency, and safety beyond third-party testing. However, we also included many products that use other methods to verify quality.
- **Tester reviews:** Our team tried many of the supplements on our list and provided firsthand feedback on their experience to help us decide which products to include.
- **Price:** We included products to suit a variety of budgets.

#### WHY TRUST HEALTHLINE

- 1320+** vitamins, minerals, and supplements evaluated
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How we evaluate vitamins, minerals, and supplements

[Medical Standards and Insights team](#)






Photos provided by Kelli McGrane, MS, RD

## What to consider when shopping for a fish oil supplement

- **Supplement quality:** It's important to check the ingredient list carefully and steer clear of supplements containing fillers or artificial ingredients. Aim to look for products that have undergone third-party testing and are certified by an independent organization such as IFOS, USP, NSF International, or the TGA.
- **Omega-3 content:** Look for supplements that contain around **250 to 500 mg** of combined **EPA and DHA** per serving. Some products may also contain **ALA**, a form of omega-3 fatty acid found in plants that's converted to EPA and DHA in **small amounts**.

- **Serving size:** Some supplements may require you to take multiple capsules or gummies each day, while others provide the entire dose in a single shot. If this is important to you, be sure to check the recommended serving size prior to purchasing.
- **Fish oil source:** You may want to consider the source of the fish oil as well. Ideally, opt for smaller, sustainably caught fatty fish, like sardines and anchovies, which **tend to contain**  lower **levels of mercury**.
- **Supplement type:** There are also several forms of fish oil supplements, including softgels, liquids, or gummies. Which one works best for you will largely be a matter of preference.
- **Freshness:** Purchasing from a reputable brand can help ensure that you're getting fish oil at its peak freshness. In fact, some supplements may undergo third-party testing to check for oxidation, which can be a sign of rancidity. You should also check the expiration date carefully and avoid buying in large batches to maintain freshness.



## What are the benefits of fish oil?

Fish oil is a top source of omega-3 fatty acids, called polyunsaturated fats, which play important roles in many processes in your body, [including](#) ✓ those involving inflammation, immunity, heart health, and brain function.

There are [three main types](#) of omega-3 fatty acids:

- **Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA):** These are primarily found in fish and are biologically active forms of omega-3. This means they're in a form that the body can use.
- **Alpha-linolenic acid (ALA):** This is found in plant foods, and your body [must convert](#) ✓ it to EPA and DHA in order to use it.

All omega-3s are anti-inflammatory and may have a positive effect on many conditions thought to be related to chronic inflammation — particularly heart disease. EPA and DHA may also [help lower](#) ✓ high [triglyceride levels](#), a risk factor for heart disease.

Additionally, omega-3s play a key role in vision and eye health, as they're necessary for eye development. However, while some studies suggest that they [may help](#) ✓ in the treatment of [dry eye disease](#), other research has turned up [conflicting results](#) ✓.

Omega-3s are also important for brain health. During infancy and childhood, they're [necessary](#) ✓ for proper neurological development.

In older adults, omega-3 supplementation may play a role in [promoting](#) ✓ brain function and preventing cognitive decline.

## Useful supplement shopping guides for supplements

- [How to choose high-quality vitamins and supplements](#)
- [How to read supplement labels like a pro](#)


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## Potential side effects of fish oil

The most [common side effect](#) of fish oil supplements is fishy burps, but there are now several “burpless” fish oil products on the market that claim to cut down on this unpleasant but harmless side effect.

Some people might also experience digestive issues after taking fish oil, including nausea, vomiting, diarrhea, or constipation.

If you experience nausea or vomiting after taking fish oil, you can check the expiration date. The oil may deteriorate and become rancid. Consider lowering your dose or taking the supplement with a meal to decrease any uncomfortable side effects.

Also check with a doctor before taking fish oil if you’re taking other medications or have any underlying health conditions, as high doses could [increase](#)  the risk of bleeding or suppress immune function.

## Frequently asked questions about fish oil supplements

What is the best fish oil supplement for cholesterol?



Should you take fish oil every day?



Which fish oil supplement is best?



**What is the best omega-3 supplement for inflammation?**



**What is the best fish oil supplement for memory?**



**Is it better to take omega-3 or fish oil?**



**What is the best fish oil for eye health?**



**What is the best fish oil for PCOS?**



## The bottom line

There are many types of fish oil supplements, each from a different source and with varying amounts of omega-3 fatty acids.

When shopping for an omega-3 supplement, it's best to choose a product that's been third-party tested to make sure the contents match the label and supplement facts panel.

You'll also want to consider which form of supplement you prefer, such as a liquid, capsule, or gummy, and your preferred dose. However, keep in mind that more is not always better. In fact, [excessive intake](#) may do more harm than good.

For best results, try taking the supplement alongside a [balanced diet](#) to help maximize its potential benefits.

## How we reviewed this article:

 **SOURCES**  **HISTORY**

Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

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