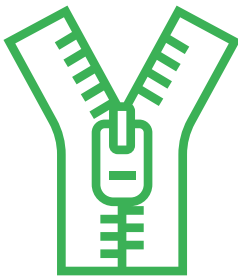


# Two Forms of EPA & DHA Delivery

EPA and DHA are delivered in two different forms,  
as **triglycerides** (TGs) or as **ethyl esters** (EE).

**Triglycerides**    **TG**

**Ethyl Esters**    **EE**



TGs contain fatty acids bound to a **glycerol backbone**, while EE fatty acids are bound to an **ethanol backbone**. The ethylation process removes the glycerol backbone from TGs, leaving DHA and EPA free to form EEs.

Studies of the relationship between omega-3 EEs and **cardiovascular health benefits**

largely show a beneficial relationship between the EE form and cardiovascular health. [26]



While TG form is the natural form and the form to use for long-term health maintenance, it is common to use the EE form when high doses of EPA and DHA are needed for condition-specific intervention.

In fact, almost all clinical studies demonstrating **beneficial effects of omega-3s** used DHA and EPA in the EE form.

