

Natural Triglycerides vs. Ethyl Esters

Ascenta's NutraSea omega-3 fish oil supplements in a triglyceride (TG) form offer better absorption and stability when compared to more common fish oils in an ethyl ester (EE) form.

Fish oils in the natural TG form offer numerous advantages when compared to those in EE form:

TG form (triglyceride)	EE form (ethyl ester)
Naturally occurring.	Not natural. Formed by combining fatty acids with alcohol. By definition it is not a fat or an oil.
Easily digested.	Slowly digested.
30% better absorbed.	Limited absorption.
More stable against oxidation.	Oxidizes rapidly.
Completely safe to ingest.	Releases alcohol into the body when digested.
Approved everywhere.	Not approved in Australia as a complementary medicine.
More costly to process.	Less expensive to process.

