



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THIS IS THE DEFINITIVE GUIDE TO FISH OIL SUPPLEMENTATION



Supplementation can be overwhelming. No matter what your goal is—build muscle, lose fat, improve health—there are hundreds of supplements to choose from.

Well, if a part of you has suspected that the supplement industry is more smoke and mirrors than science and substance, you're right.

There are supplements that have good science behind them and that can help you optimize your health and physical and mental performance.

And what about fish oil supplements? Which ones are good and which aren't and why?

Fish oil is exactly what it sounds like: oil obtained from fish. Popular sources of fish oil are salmon, herring, mackerel, sardines, and anchovies.

The reason it's a "thing" as far as supplementation goes is the fats in these fish are a very good source of the nutrients EPA and DHA. You could just eat the fish, but you'd have to eat quite a bit every week to get enough of these vital nutrients.

Together EPA and DHA are known as "omega-3 fatty acids," which refers to their physical structure, and our bodies can't produce them, which is why they're also known as "essential fatty acids."

That is, if you were to completely remove these molecules from your diet, you would eventually die.

WHY DO PEOPLE SUPPLEMENT WITH FISH OIL?

People supplement with fish oil to maintain sufficient plasma (blood) EPA and DHA levels, which has many beneficial effects in the body, including...

- ✓ Reducing the risk of disease (heart disease, stroke, and type 2 diabetes in particular)
- ✓ Decreasing systemic inflammation
- ✓ Improving mood, cognitive performance, and brain health
- ✓ Helping prevent weight gain
- ✓ Optimizing fat loss
- ✓ Accelerating muscle growth

Research shows that a combined intake of 500 milligrams to 1.8 grams of EPA and DHA per day is adequate, but additional health benefits can be seen up to a combined intake of 6 grams per day.

Unfortunately, studies show that the average person's diet provides just one tenth of the EPA and DHA needed to preserve health and prevent disease.

Now, fatty fish aren't the only way to increase your EPA and DHA intake—grass-fed meat, free-range eggs, and vegetable oils are other sources.

WHAT ARE THE BENEFITS OF FISH OIL?

Let's look at them one by one, starting with the number one health problem in the West...

01. Fish Oil and Cardiovascular Health

Research shows that EPA and DHA promote cardiovascular health in several ways, including...

- ✓ Anti-inflammatory effects
- ✓ Inhibition of platelets
- ✓ Triglyceride-lowering effects
- ✓ Improvement in endothelial function
- ✓ Plaque stabilization
- ✓ Anti-arrhythmic effects

02. Fish Oil and Your Metabolism

Studies show that fish oil can reduce the risk of developing type 2 diabetes.

Fish oil also reduces risk factors associated with a particularly nasty metabolic disease: metabolic syndrome. Metabolic syndrome is defined as the clustering of related risk factors for both cardiovascular disease and type 2 diabetes, including...

- ✓ Insulin resistance
- ✓ Hypertension

- ✓ Hypertriglyceridemia
- ✓ Decreased HDL-cholesterol levels
- ✓ Obesity

03. Fish Oil and Strokes

Research shows that omega-3 fatty acids are effective in preventing strokes. The likely mechanism for this is the ability of EPA and DHA to prevent thrombosis (blood clotting).

04. Fish Oil and Inflammation

The anti-inflammatory properties of EPA and DHA are well established, and this can help you in many ways. For example, reducing systemic inflammation helps to reduce the risk of developing inflammatory and autoimmune diseases, such as...

- ✓ Rheumatoid arthritis
- ✓ Crohn's disease
- ✓ Ulcerative colitis
- ✓ Psoriasis
- ✓ Lupus erythematosus
- ✓ Multiple sclerosis
- ✓ Migraine headaches

And in people that have such diseases, supplementation with fish oil can decrease their activity and reduce the need for anti-inflammatory drugs.

Reducing levels of inflammation also helps to reduce joint pain, which is why studies show that fish oil is an effective joint supplement.

05. Fish Oil and Mood

Studies show that fish oil can improve symptoms of depression, anxiety, and stress.

06. Fish Oil and Cognitive Performance and Brain Health

Studies show that EPA and DHA have a beneficial impact on cognitive performance, including memory, reaction time, and attention. Omega-3 fatty acids are also beneficial in maintaining brain health in people of all ages.

For example, it's known that adequate DHA intake promotes healthy brain development in children and it's also known that omega-3 fatty acids protect against cognitive decline in older adults.

It's also hypothesized that EPA and DHA may positively influence the activity of various neurotransmitters, which play a key role in learning, mood, and other important cognitive functions.

07. Fish Oil and Weight Loss and Maintenance

Studies show that when fish oil is included in a healthy lifestyle intervention, it can help to reduce waist circumference and decrease fat mass.

Surprisingly, then, providing your body with adequate omega-3 fatty acids can help you lose weight and keep it off.

It accomplishes this in several ways, including reducing appetite, improving circulation and, thereby, nutrient delivery to skeletal muscle, and augmenting muscle gain, which enhances fat oxidation and energy expenditure.

08. Fish Oil and Muscle Building

Studies show that omega-3 status affects how your muscles respond both to the food you eat and exercise you do. This makes sense when we consider the fact that omega-3 fatty acids enhance muscle protein synthesis, which is a key process involved in building muscle.

Furthermore, supplementing with fish oil may be particularly beneficial if you're injured because it will help protect against muscle mass loss.

EPA and DHA have also been shown to reduce delayed-onset muscle soreness (DOMs), which can help you train more frequently and continue to progress in your workouts.

Omega-3 fatty acids may also improve skeletal muscle health, and the healthier your muscle is, the better your metabolism will work. One of the reasons for this is skeletal muscle plays a big role on how your body processes glucose (blood sugar), accounting for approximately 30% of post-meal glucose disposal.

Thus, maintaining skeletal muscle health is crucial to maintaining stable blood glucose levels, which is crucial to your overall metabolic health.

WHAT'S THE CLINICALLY EFFECTIVE DOSE OF FISH OIL?

For general health, a combined intake of 500 milligrams to 1.8 grams of EPA and DHA per day is sufficient.

For reducing muscle soreness, you want a higher combined intake—around 3 grams per day.

Fish oil can be taken throughout the day, but it's best taken with meals to improve absorption and prevent "fish oil burps."

WHAT TYPE OF RESULTS SHOULD I EXPECT FROM FISH OIL?

Remember that supplements don't build great physiques. Dedication to proper training and nutrition does.

That said, if you're eating a healthy diet and exercising regularly, supplementing with fish oil can definitely help you achieve your fitness and body composition goals faster.

Here's a list of the benefits that you can reasonably expect from taking fish oil:

- ✓ Improved mood (lower levels of depression, anxiety, and stress)
- ✓ Better cognitive performance (memory, attention, and reaction time)
- ✓ Reduced muscle and joint soreness
- ✓ Improved fat loss
- ✓ Prevention of fat gain
- ✓ Faster muscle gain

DOES FISH OIL HAVE ANY SIDE EFFECTS?

Side effects are rare when fish oil is taken at the recommended doses. However, fish oil can reduce blood clotting and therefore is contraindicated if you're taking blood-thinning medications, aspirin, warfarin, or clopidogrel.

If you're using any of these medications, it's best to check with your doctor before supplementing with fish oil.

In addition, fish oil should not be taken alongside fat-blockers (which probably don't work anyway).

WHAT'S THE BEST TYPE OF FISH OIL?

If you're all fired up to buy some fish oil, make sure you read this section of the article because not all fish oil supplements are the same.

Fish oils on the market today are in one of three forms:

- ✓ Triglyceride
- ✓ Ethyl ester
- ✓ Reesterified triglyceride

A triglyceride is a molecule that consists of three fatty acids and one molecule of glycerol, which is a colorless, odorless substance found in fats and oils. This is the natural (unprocessed) form of fish oil.

An ethyl ester fish oil is created by processing natural triglycerides to replace the glycerol molecules with ethanol (alcohol). This removes impurities and increases the amount of EPA and DHA in each gram of oil.

The reesterified triglyceride form is similar to the natural form and is created by using enzymes to convert the ethyl ester oil back into triglyceride oil.

Out of these three forms, you'd probably assume that a natural triglyceride supplement is your best choice. Well, while natural triglyceride oils are absorbed well by the body, they can have much higher levels of contaminants than ethyl ester and reesterified triglyceride oils (due to the low level of processing).

Furthermore, natural triglyceride oils are lower in EPA and DHA per gram than ethyl ester and reesterified triglyceride oils, which means you have to take more to

achieve the desired results. This can be expensive both in terms of dollars and calories.

Now, ethyl ester oils are the most popular, but that's not because they're the best. They're just the cheapest to produce. They have significant downsides, as well.

First, studies show this form of fish oil isn't absorbed well by the body. It also releases ethanol (alcohol) into the body, which needs to be processed by the liver. This can cause various side effects, including burping, flu-like symptoms, upset stomach, strange tastes in your mouth, and skin rash.

And that leaves reesterified triglyceride oil, which is becoming the "gold standard" of fish oil supplements for several reasons:

- ✓ High bioavailability
- ✓ High concentrations of EPA and DHA
- ✓ Low levels of toxins and pollutants
- ✓ Resistance to oxidation
- ✓ None of the potential side effects associated with ethyl ester oils

Not many companies sell reesterified triglyceride oils, though, because they're the most expensive to produce (they cost 30 to 40% more than ethyl ester oil, for example).

HOW TO SPOT A HIGH-QUALITY FISH OIL SUPPLEMENT

As you now know, one of the first things you want to look at when you're considering a fish oil supplement is the form of the oil.

Next, you should look at the amount of EPA and DHA in each serving. Lower-quality fish oil supplements might have as little as 150 to 200 milligrams of combined EPA and DHA per pill, which means you would have to take a handful every day just to get enough omega-3s.

Contaminants in fish oil is another important factor that you need to consider.

Now, if you want to ensure your fish oil supplement doesn't contain high levels of toxins and pollutants, you need to know two things:

01. The type of fish the oil was sourced from. Research shows that small, cold-water, nonpredatory fish like anchovy, sardine, and certain types of mackerel are the “cleanest” sources of oil.

02. How the oil was processed. As discussed earlier, natural triglyceride oil can contain higher levels of contaminants than ethyl ester and reesterified triglyceride oils.

The ideal fish oil supplement, then, would be sourced exclusively from low-toxicity fish and would be the reesterified triglyceride form, which was processed to remove impurities and toxins and concentrate the amount of EPA and DHA in each serving.

THE BEST FISH OIL SUPPLEMENT

Given everything we’ve covered so far, here’s what the best possible fish oil supplement would look like:

- ✓ 100% reesterified triglyceride oil
- ✓ Very high amount of EPA and DHA per serving
- ✓ Created from fish that are sustainably sourced and naturally lowest in pollutants
- ✓ Molecularly distilled to reduce contaminants to as close to zero as possible

And that’s a very hard product to find, which is why my team and I set out to make it ourselves. We vetted dozens of oil manufacturers and finally found one that checked all those boxes, and TRITON was born.

The oil in TRITON is reesterified triglycerides and sourced from deep-water Peruvian anchovies and sardines caught by fisheries that are approved by Friend of the Sea.

It contains 2,400 milligrams of EPA and DHA per serving, and it has been processed using enhanced molecular distillation to reduce toxins and chemicals to meet the stringent European Pharmacopoeia Reference Standards (EPRS) as well as the voluntary standards set by the Council for Responsible Nutrition (CRN) and Global Organization for EPA and DHA Omega-3 (GOED).

Specifically, TRITON contains...

- ✓ Fewer than 0.1 parts per million of heavy metals. Heavy metals are dense metals, including cadmium, mercury, lead, and arsenic, that can be harmful to human health.
- ✓ Fewer than 1.75 parts per trillion of dioxins. Dioxins are a group of highly toxic chemicals that are byproducts of various industrial processes.
- ✓ Fewer than 3 parts per trillion of dioxin-like PCBs and 0.09 parts per million or less of total PCBs. PCBs are chemicals that were once popular in a variety of industrial uses, including weather- and fire-proofing and the insulation of electronics. Dioxin-like PCBs refers to 12 of these chemicals that have dioxin-like properties.
- ✓ Fewer than 2 parts per billion of polycyclic aromatic hydrocarbons (PAHs) per softgel. PAHs are chemicals formed from the incomplete combustion of plant or animal matter, or carbon fuels, such as coal or petroleum.
- ✓ Furthermore, TRITON contains 48 milligrams of vitamin E per serving as well, which helps preserve the oil and prevents oxidation and rancidity, and natural lemon oil, which prevents noxious “fish oil burps.”

TRITON is also gluten-free, dairy-free, and sugar-free, and it contains no artificial colors, sweeteners, or flavors.

So, while everyone claims to have the best fish oil on the market, we believe we can actually back up such a claim with real purity, real science, and real numbers.

THE BOTTOM LINE ON BETA-ALANINE

If you're like most people, and you don't eat much seafood or high amounts of vegetable or nut oils, then you can rest assured that your plasma EPA and DHA levels are lower than you want them to be.

And when that's the case, taking a fish oil supplement can confer a plethora of benefits, ranging from reducing the risk of developing disease to decreasing inflammation and elevating mood, cognitive performance, and brain health, and even improving body composition.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

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