

Fish Oils vs RODA Omega Oil



- **Raw fish oil** (only pressed) to be able to be consumed must go through a refinement process in which a **reactant** like Sodium Hydroxide (NaOH) and phosphoric acid are used. **Thus it is not a natural oil.**

- 🔥 **RODA Omega Oil** is obtained by cold pressing the seeds of Sacha Inchi. Making it an **extra virgin** vegetable and **100% natural** oil.

- Some sources claim that **fish oils** are better because they have DHA and EPA, nevertheless they also have **saturated fatty acids and cholesterol**. In addition, the fish turns ALA in DHA according to its **requirements as a fish**, not as a human.

- 🔥 **RODA Omega Oil** is a source of ALA (alpha linolenic), which our body turns in DHA **according to our own body requirements**.

- **Fish oils** have an average yield of 5% which means that **daily 160g of fish** or 8g (1/2 tablespoon) of fish oil has to be consumed. Today, it is very difficult to cover these requirements of fish, which justifies foods enriched with Omega-3 and vegetable sources to replace this lackness.

- 🔥 The recommended amount of **RODA Omega Oil** is **14g daily (1 tablespoon)** and it is easy to find.

- **Fish oil** has a **strong nasty smell and flavour**, which is not possible to be consumed naturally in the diet (i.e. salads). Its consumption is oriented in gel capsules forms making it difficult for children to consume.

- 🔥 **RODA Omega Oil** has a **nutty light flavour** and it can be consumed in many ways with food.