

Comparison of Omega-3 Sources

Product	Serving size (oz)	Omega-3 grams per serving	Online price	Cost per day	Comments
Generic Flaxseed nutritiondata.com	3	19.14	50# \$28.95	\$0.11	6.38 grams alpha-linolenic acid per ounce. Price is what I have paid for Canadian flaxseed in the Tucson AZ area.
Generic Flaxseed Oil nutritiondata.com	1 oz (2 Tbsp)	14.9	--	\$0.32 up	14.9 grams alpha-linolenic acid per ounce; 1 ounce = 2 Tablespoons. Price locally or at http://www.puritan.com/
Omega Horseshine http://www.omegafields.com/	3.2	16.8	20# \$44.95+	\$0.45	Contains small amount of ground oats and negligible added trace minerals. + \$7 shipping to Arizona.
HorseTech NutraFlax horsetech.com/	3	18	20# \$45.95	\$0.47	Ca:P balanced with added calcium. Available without added calcium on request. No shipping charge.
Kentucky Karron Oil www.kimminsinternational.com/	2 (60 mL)	16	5 L \$39.95+	\$0.48	From Horse Journal - 60mL provides about 16 grams Omega-3 and 4 grams Omega-6. Be sure to also order a pump dispenser \$6.50. Shipping + \$12.95 to Arizona. (No longer available in US)
Equi-Omega Oil http://www.uckeleequine.com/	1 to 2	11.3	1 gal \$59.95+ (128 oz)	\$0.94	11.3g Omega-3 and 17g Omega-6 in 2 oz., Contains fish oil. Each "pump" (included) is 1 ounce. +\$14.00 shipping to Arizona.
Platinum Performance Equine Wellness Formula platinumperformance.com/	4.6	18.9	25# \$134.00+	\$1.54	Contains low amounts of added minerals. Many nutrients listed in the analysis are naturally occurring levles in the flax. +\$14.67 shipping to Arizona.
Platinum Equine Healthy Weight platinumperformance.com	1/4 cup	26	1 gal \$45 (64 servings)	\$0.70	Flax oil with added vitamin E (530 IU) and vitamin C used as a preservative. Shipping \$15.02 to Arizona which boosts serving cost to \$0.94. Pump (recommended) \$10.
Equi-Omega Complex http://www.uckeleequine.com/	10	?	20# \$49.95+	\$1.55	"Won't help with Omega-3 deficiency" (Horse Journal) Blend of CocoSoya, flaxseed and rice bran. 5 oz scoop included, feed 4-6 oz twice daily. Shipping +\$17.50 to Arizona.
Chia Seeds nutritiondata.com	3	15	1# \$8.55+	\$1.60	6.38 grams alpha-linolenic acid per ounce. Price from herbalcom.com. +\$6.25 handling fee.