

12. *cindee (1 comments)* says:

[November 11, 2010 at 6:32 pm](#)

Hi Matt,

I just found your site, very interesting. new to fish oil supplements. I recently went to the Dr for menopausal symptoms and besides hormone treatment the Dr told me to take Salmon oil. I bought some "Trader Joe's Molecularly distilled Salmon oil, 1000mg EPA 120 mg and DHA 80mg, suggested use: 1 soft gel tab daily." But if I understand you correctly, i would really take 4 of these tablets per day to get approx. .5g of EPA and DHA per day.

Also my Dr recomended Alaskan Fish oil Orthomega 3 or Super EPA/DHA, 3 tabs per day, or use Carlsons fish oil, 1 TBL/per day. What is your opinion on these brand recomendations?

Thanks

Cindy