

Omega-3 Sources

Product	Serving size (oz)	Omega-3 grams per serving	Online price	Cost per day	Comments
Generic Flaxseed www.nutritiondata.com	3	19.14	50# \$33.70 (local in AZ)	\$0.13	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 www.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 www.horsetech.com/	3	18	20# \$45.95	\$0.47	Ca:P balanced with added calcium. Available without added calcium on request. No shipping charge.
Triple Crown OmegaMAX http://www.triplecrownfeed.com/	3	18	25# \$50.00	\$0.38	Stabilized. Flax is the only ingredient. No shipping charge when ordered online; may be available in feed stores.
Kentucky Karron Oil www.kimminsinternational.com/ Not currently available in US	2 oz (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.
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 http://www.platinumperformance.com/equine/	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 http://www.platinumperformance.com/equine/	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.
Generic Chia Seeds www.nutritiondata.com	3	15	1# \$8.55+	\$1.60	4.915 grams total Omega-3 fatty acids per ounce. "Source: Nutrient data for this listing was provided by USDA SR-21." Does not need to be ground. Price is from herbalcom.com. +\$6.25 handling fee.
Equine Chia http://equinechia.com/home (currently out of stock 5/18/2012)	2	5.36g/oz or 10.7g in 2 oz	3# \$28+	\$1.17	Bad math! Per web site Equine Chia is 61.12% linolenic acid (Omega-3) or 17 grams per ounce. This is more than 3 times the listed data for generic chia seeds.) When their source http://www.nsrinews.com/abstracts/Chia_Technical_Sheet.pdf is referenced we find this is actually 61.12% of Total Fatty Acids - which works out to 61.12% of 31% (Total Fatty Acids per USDA SR-21). So Omega-3 of Equine Chia is really 18.9% or 5.36 grams per ounce.