

## **Plant-Based vs Fish-Based DHA**

Technically, all DHA is plant-based. DHA derived from fish sources originates in plants and is progressively concentrated as it moves through the food chain. **An advantage of fish-based DHA lies in the fact that the food chain is more economical and efficient at concentrating DHA than the processes used on plant-based DHA.**

Some advocates of plant-based DHA wrongly state that this form is free of “fishy” odor and taste. It is DHA (and other fatty acids) that has oxidized which gives fish that odor and taste, not the fish which imparts these to the DHA.

Another argument for plant-based vs fish-based DHA is that there is no concern over contaminants with the plant-based version. **While this is true, the patented Epax® processing of the fish oil used in TriCare Prenatal™ DHA ONE® eliminates mercury, pesticides, and other contaminants so completely that they are virtually non-existent.**

**An important advantage that fish-based DHA has over plant-based DHA is that the fish source also includes EPA, another very important essential fatty acid for both mother and baby. When EPA levels are low, as is often the case for pregnant women, some DHA will be broken down and reassembled into EPA to meet the needs for EPA.**