

Instructions for Using the Omega-3 Fatty Acid DS Calculator

This data generated with this calculator are based on the chemical analysis of fatty acids analyzed in products containing fish oil, plant oil or fish/plant oil blends sold for the primary purpose of increasing omega-3 fatty acids intake with labeled levels for alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and/or docosahexaenoic acid (DHA). Since the labeling of these fatty acids in DS is not required by the FDA, the format and amount of information reported on labels by manufacturers is variable. Some formats are shown below:

A.

Total Omega-3 Fatty Acids	1,490 mg	*
EPA (Eicosapentaenoic Acid)	894 mg	*
DHA (Docosahexaenoic Acid)	446 mg	*

B.

EPA (Eicosapentaenoic Acid)	650 mg	**
DHA (Docosahexaenoic Acid)	450 mg	**

C.

Fish Oil	1,000 mg (1 g)	**
EPA (Eicosapentaenoic Acid)		
DHA (Docosahexaenoic Acid)		**
Total Omega-3 Fatty Acids	300 mg	

D.

Organic Flaxseed Oil	1,000 mg (1 g)
which typically contains:	
Alpha-Linolenic Acid (Omega-3)	450 mg
Linoleic Acid	

The labels in images A, B and D provide information about the content of ALA, EPA and/or DHA and can be used with the DSID omega-3 calculator. Image C shows a product that reports only total omega-3 fatty acids. Since there is no scientific consensus on the definition of total omega-3 fatty acid content, the DSID is not reporting values at this time.

The calculator screen shows a **default** number for each ingredient labeled amount for Omega-3 Fatty Acid dietary supplements, indicating the *most common labeled level* and its predicted mean level. Predicted mean value is calculated by the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the percent difference from label for the mean prediction. All of these are per serving values. For more information about the statistical evaluation of Omega-3 Fatty Acid Dietary Supplement data, see the *Omega-3 Fatty Acid Dietary Supplement Research Summary* on the DSID website.

Use the label information about ALA, EPA and/or DHA (see [Synonyms](#) for other versions of these names) from the supplement container to enter the specific ingredient amount per serving. The total amount of fish or plant oil is not the information that should be entered into the calculator.

- Information on the variability of the calculated data are available. Click on the box to the left of the calculator to show information about standard errors and 95% confidence intervals for the mean predicted ingredient values.

Note: the calculator will reset whenever this is changed.

Dietary Supplement Ingredient Database
NIH National Institutes of Health Office of Dietary Supplements USDA

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Select an option for showing variability before modifying the calculators

- 95% Confidence Intervals
- Standard Errors
- None

Omega-3 Fatty Acid Dietary Supplement Calculator

Select Values to Save	Ingredients	Labeled Amount Per Serving <small>(Valid Range for Prediction)</small>	Mean % Difference from Label	Predicted Mean Value Per Serving	95% Confidence Interval for Predicted Mean
<input type="checkbox"/>	DHA <small>(Docosahexaenoic Acid)</small>	<input type="text" value="120"/> mg <small>(45 - 800)</small>	-1.72%	118 mg	115 - 121
<input type="checkbox"/>	EPA <small>(Eicosapentaenoic Acid)</small>	<input type="text" value="180"/> mg <small>(70 - 750)</small>	-5.41%	170 mg	166 - 174
<input type="checkbox"/>	ALA <small>(Alpha-linolenic Acid)</small>	<input type="text" value="450"/> mg <small>(200 - 7000)</small>	3.57%	466 mg	437 - 495

Calculator Instructions ⓘ

Restore Default ↻

Unit Conversions ↔

Save ⬇

View Saved 👁

Help ⓘ

- Enter values for any or all 3 ingredients within the range listed below each box. Your calculated results, including your entered data, will appear in **red**.

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Select Values to Save	Ingredients	Labeled Amount Per Serving (Valid Range for Prediction)	Mean % Difference from Label	Predicted Mean Value Per Serving	95% Confidence Interval for Predicted Mean
<input checked="" type="checkbox"/>	DHA (Docosahexaenoic Acid)	200 mg (45 - 800)	-1.72%	197 mg	191 - 202
<input type="checkbox"/>	EPA (Eicosapentaenoic Acid)	180 mg (70 - 750)	-5.41%	170 mg	166 - 174
<input type="checkbox"/>	ALA (Alpha-linolenic Acid)	450 mg (200 - 7000)	3.57%	466 mg	437 - 495

NOTE: If the values entered are outside the range indicated in the brackets, then a message which says “Outside Range” will appear.

<input type="checkbox"/>	DHA (Docosahexaenoic Acid)	40 mg (45 - 800)	---	Outside Range	--
<input type="checkbox"/>	EPA (Eicosapentaenoic Acid)	180 mg (70 - 750)	-5.41%	170 mg	166 - 174

- To save your data, check the box for ‘Select Values to Save’ then select ‘Save’ from the left tools box and create a unique profile name.

Users can choose the amount of data to save by clicking on 'Include Default Values,' which includes all values displayed on the calculator in addition to the data changed, or 'Save Checked Data Only' (save only the data you changed to the profile).

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Assign a name for this profile of calculations.

Profile Name:

There are some fields unchanged. Do you want to include default values, or save checked data only?

[Include Default Values](#) | [Save Checked Data Only](#) | [Cancel](#)

To reset all ingredients to default values, click 'Restore Default' on the left tools box. Unsaved or unchecked data will not be automatically saved.

4. The profiles are retrieved from the 'Stored Profiles' page. All saved profiles will include both 95% CI and SE variability along with the predicted mean and predicted % difference from label level. Select 'Download' from the top menu to download the entire dataset to an Excel file (.xls) and create a name for your Excel data file.

- To add additional profiles, select 'Add a New Profile' from the top menu in Stored Profiles page. Profiles from all DSID calculators can be saved in one file if desired. [NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]

Stored Profiles

This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Download" link to export them into a Microsoft Excel file.

Restart | **Add A New Profile** | Download | Help

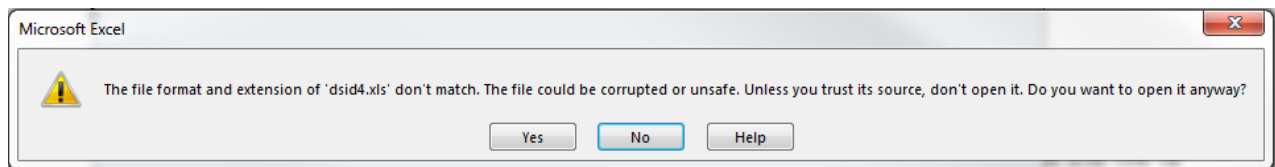
Name	DSID Calculator	Details								
adult2	MVM_ADULT_2	Ingredients	Labeled Amount Per Serving	Mean % Difference from Label	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	95% C.I for Predicted Mean	95% C.I for Predicted Observation	remove profile
		VITAMIN C	900 mg	5.10%	946	12	130	880 - 920	640 - 1200	
nrp1	MVM_NONRX_PRENATAL	Ingredients	Labeled Amount Per Serving	Mean % Difference from Label	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	95% C.I for Predicted Mean	95% C.I for Predicted Observation	remove profile
		VITAMIN A	8000 IU	2.40%	8190	270	2600	7500 - 8500	2900 - 13000	

- After clicking download, the Excel file will be in the "downloads" folder or if you are using Internet Explorer web browser, you have to option to save it to a specific folder (see below). To open the downloaded file, go to the directory on your computer where downloaded files are automatically saved to (or the 'Downloads' folder) and open file with Microsoft Excel. The downloaded Excel file from the calculators can be manually modified and sorted.

*Internet Explorer Users:

Click the arrow next to save, then click save to choose a folder for the file (i.e, My Documents).

NOTE: When opening downloaded files in Microsoft Excel, you may receive this warning message. The warning message states "The file you are trying to open, "file.xls," is in a different format than specified by the file extension. Verify that the file is not corrupted and is from a trusted source before opening the file. Do you want to open the file now?" Please note the warning does not affect the file and click 'Yes' to continue viewing the file.



- When reviewing the file in Microsoft Excel, please note that all numbers are **stored as text**. If you wish to convert them to number before modifying the data, highlight the rows you wish to convert, click on the yellow diamond to get the drop down menu and choose 'Convert to Number'.

	A	B	C	D	E	F	G	H	I	J
	Profile Name	DSID Calculator	Nutrient	Unit	Labeled Amount Per Serving	Percent Difference From Label for Predicted Mean	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	95% Confidence Interval for Predicted Mean
1										
2	adult2	MVM_ADULT_2	VITAMIN C	mg	900	5.10%	946	12	130	880 - 920
3	npr1	MVM_NONRX_PR	VITAMIN A	IU	8000	2.40%	8190	270		7500 - 8500
4	omega3	MVM_OMEGA3	DHA	mg	120	-1.72%	118	1.6		120 - 120
5	omega3	MVM_OMEGA3	EPA	mg	500	-5.41%	473	5.5		490 - 510
6	omega3	MVM_OMEGA3	ALA	mg	450	3.57%	466	15		420 - 480
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

Number Stored as Text
 Convert to Number
 Help on this error
 Ignore Error
 Edit in Formula Bar
 Error Checking Options...

NOTE: Predictions generated from the Omega-3 Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.

8. To start a new profile, click 'Restore Default' to change all values back to the original data values before any changes were made.

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