



**Food Science
Department**

Disclosure Ag-1108

Method to Increase EPA/DHA in Fish Oil

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Description:

LSU AgCenter scientists have developed a method to purify fish oils and enrich them with eicosapentaenoic (EPA) and docosahexaenoic acids (DHA). These compounds are well known for their potential cardiovascular and mental health benefits. This method did not use chemicals to enrich fish oils with EPA and DHA or to purify fish oils enriched with EPA and DHA. In experiments performed, the EPA and DHA fractions of the fish oil were increased by almost 18% in certain cases.

Advantage:

- Higher amounts of DHA and EPA
- Natural process
- Saves on chemical expenses

Commercial Uses:

- Fish oil supplements
- Enhancing omega-3 fatty acids in foods

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