BENEFIT	COMPLETE OMEGA	OMEGA GEL CAPSULES	OMEGA FISH OIL
	THY	DE	
SHELF LIFE	UP TO 2	UP TO 2	2
	YEARS	YEARS	MONTHS
TREATED AT SOURCE ?	YES	NO	NO
STORED IN FRIDGE ?	NO	NO	YES
HOW EASILY IS IT ABSORBED ?	VERY EASILY	VERY ESSILY	POORLY