

Source of info ;

US National Library of Medicine

National Institutes of Health, USA

信息来源:

美国国家医学图书馆

美国国立卫生研究院

<https://www.ncbi.nlm.nih.gov/pubmed/?term=20638827> (article No. PMID 20638827)

Ethyl ester is cheaper and easier to manufacture, but fish oil occur naturally in triglyceride form. To make ethyl ester form, they expose the fish oil to alcohol so that they can distill the fish oil and concentrate it while removing contaminants. It was found that people absorb 37% more omega-3 fatty acids from natural fish oil (triglyceride form) than from ethyl ester form (if you want to search for the article on pubmed, look up PMID 20638827).

EE (Ethyl Ester) Omega 3 易于制造，但鱼油天然以甘油三酸酯形式存在。为了形成 EE 乙酯形式，他们将鱼油暴露在酒精中，以便可以蒸馏鱼油并浓缩鱼油，同时去除污染物。发现人们从天然鱼油（甘油三酸酯形式）吸收的 Omega-3 脂肪酸比从乙酯形式吸收的脂肪酸多 37%（如果您想搜索已发表的文章，请查阅 PMID 20638827）。