

Kids Fish Oil Dosing Chart






Based on the 6 most popular products

The recommended brands of fish oil are NOW and Nordic Naturals. Please use the following chart to calculate your child's daily dose of fish oil based their age and the fish oil that you purchased.

The six most common fish oils were included and compiled into two charts. **NOTE:** you only need to choose ONE of these oils to give your child!! The liquid fish oils need to be refrigerated after opening.

The dose of fish oil for children is based on age and not size or weight. These are starting doses and may be doubled if progress stalls or plateaus for a period of more than 2 months. Do not exceed the max dose (which is double the starting doses) without consulting with Dr. Nemechek or your child's physician.

WHAT DOSE DOES MY CHILD NEED?								
AGE	EVOO	FISH OIL Combined DHA + EPA						
0-6 mths	in /on food	150mg		Nordic Naturals Fishes Naturals 250 mgs of DHA + EPA per Gummy		Nordic Naturals Ultimate Omega 2470 mg of DHA + EPA per tsp (5mls)		Nordic Naturals Children's DHA liquid 1245mg DHA+EPA per tsp (5mls)
7-12 mths	in /on food	300-400 mg	1/2 gummy (125 mgs) 1 1/2 gummies (375 mgs)	0.25 mls is (124.5 mgs) .75mls (370.5 mgs)	0.75 mls is (186.75 mgs)	2 mls is (498 mgs)	0.5 mls is (124.5 mgs)	0.75 mls is (186.75 mgs)
1-5 years	in /on foods	450 - 600mg	2 gummies (500 mgs)	1 ml (494 mgs)	3-4 mls is (498 mgs)	5 mls is (1245 mgs)	3-4 mls is (747-996 mgs)	5 mls is (1245 mgs)
5-7 years	1/2 Tablespoon (7.5 mls)	600 - 1000mg	3 gummies (750 mgs) to 4 gummies (1000 mgs)	1.5 mls (741 mgs) or 2mls (988 mgs)	6-8 mls is (1494-1992 mgs)	8-14 mls is (1992-3486 mgs)	6-8 mls is (1494-1992 mgs)	8-14 mls is (1992-3486 mgs)
8-10 years	1/2 Tablespoon (7.5 mls)	1,000 - 1500mgs	4 gummies (1000 mgs) to 6 gummies (1500 mgs)	2mls (988 mgs) or 3mls (1482 mgs)	8-14 mls is (1992-3486 mgs)			
11-14 yrs	1 Tablespoon (15 mls)	1500 - 2000 mgs	6 gummies (1500 mgs) to 8 gummies (2000 mgs)	3mls (1482 mgs) or 4mls (1976 mgs) or 7mls (3458 mgs)				
15-18 yrs	1 Tablespoon (15 mls)	2000 - 3500mgs	Not Recommended					

WHAT DOSE DOES MY CHILD NEED?								
AGE	EVOO	FISH OIL Combined DHA + EPA						
0-6 mths	in /on food	150mg		Nordic Naturals Omega 3 caps 550mg DHA+EPA per 2 caps		Nordic Naturals Ultimate Omega caps 1100mg DHA+EPA per 2 caps		Nordic Naturals Children's DHA liquid 850mg DHA+EPA per 1 tsp
7-12 mths	in /on food	300-400 mg	1/2 capsule (137.5 mgs) 1 capsule (275 mgs)	1/3 capsule (183.3 mgs) 2/3 capsule (366.6 mgs)	1ml is (150 mgs)	2-2.5 mls is (300-450 mgs)	1ml is (150 mgs)	2-2.5 mls is (300-450 mgs)
1-5 years	in /on foods	450 - 600mg	2 capsules (550 mgs)	1 capsule (550 mgs)	3-3.5 mls is (450-600 mgs)	4-6 mls is (600-1000 mgs)	3-3.5 mls is (450-600 mgs)	4-6 mls is (600-1000 mgs)
5-7 years	1/2 Tablespoon (7.5 mls)	600 - 1000mg	3 capsules (825 mgs)	1-2 capsules (550-1100 mgs)	4-6 mls is (600-1000 mgs)		4-6 mls is (600-1000 mgs)	
8-10 years	1/2 Tablespoon (7.5 mls)	1,000 - 1500mgs	4 capsules (1100 mgs)	2-3 capsules (1100-1650 mgs)	6-8.5 mls is (1000-1500 mgs)		6-8.5 mls is (1000-1500 mgs)	
11-14 yrs	1 Tablespoon (15 mls)	1500 - 2000 mgs	5 capsules (1375 mgs)	3-4 capsules (1650-2200 mgs)	9-11 mls is (1500-2000 mgs)		9-11 mls is (1500-2000 mgs)	
15-18 yrs	1 Tablespoon (15 mls)	2000 - 3500mgs	6 capsules (1375-1650 mgs)	4-6 capsules (2200-3300 mgs)	12-20 mls is (2000-3500 mgs)		12-20 mls is (2000-3500 mgs)	

This Fish Oil Dosing Chart is compliments of The Nemechek Protocol VIP Support Group: <https://www.npvipsupportgroup.com/>