

Is your fish oil rancid?

2 easy ways to tell:

1. Freeze your fish oil. If the perles freeze solid, the oil is rancid and no good. If the oil is good, it will be slushy on the inside, but not rock solid. The purpose of fish oil is to keep the cold deep water fish from freezing solid.
2. If you burp up the fish oil after taking it and it tastes like a strong, rotten fish taste, it is rancid. Good fish oil shouldn't cause too much distress and if it is burped up, its taste is not as pungent.