



## **FISH OIL SUPPLEMENTATION**

### **Why use Fish Oils?**

- Fish oils contain omega-3 fatty acids, which lower triglycerides and may increase HDL levels in patients with hyperlipidemia
- In people with severe elevation of triglycerides the addition of fish oil capsules to a fibrate or niacin can further lower the triglycerides and prevent pancreatitis.
- Studies of Greenland Eskimos and other populations that eat mainly cold-water fish (rich in omega-3 fatty acids) show that these populations have low rates of myocardial infarction. (Heart attacks). The omega-3 fatty acids help prevent clot formation in the coronary artery by reducing platelet stickiness and mildly increasing the bleeding time.

### **Where do I purchase Fish Oil?**

- It is easy to obtain fish oil capsules. They are available over the counter in drug stores, supermarkets, GNC, on the Internet and supplement stores. Look for one-gram fish oil capsules.

### **How should I take them?**

- Start with a one-gram capsule per day. Take the capsule after a meal.
- Each week add another capsule per day, up to a maximum of 10 grams per day. (Week one, one per day, week two, two per day, etc.)

### **How many do I need to take/**

- This varies with each person and on what other types of medication your doctor has prescribed for you. In general:
  - Triglyceride lowering may be achieved in doses of 3 to 6 grams per day.
  - Effective supplementation may vary from 3 to 15 grams.

### **What if I don't like fish or fish oil? Is there something else I can take?**

- Yes! Another excellent source of omega-3 fatty acids is flaxseed oil.

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