Fish Oil, also known as omega-3 fatty acids, is well-known to benefit heart health and reduce coronary heart disease. The body itself does not produce its own omega-3 fatty acids, and the two important eicosapentaenoic acid (EPA) and docosahexaenoic aicd (DHA) are in the fish oil. Taking this supplement works by lowering the body’s production of triglycerides level in blood, because high level of triglycerides leads to the heart disease and stroke. It is also known to help with health of brain and eyes, since EPA and DHA play important role in maintaining the cells of heart, brain and eyes healthy and well-functioning.

For healthy adults, 1000 mg to 1200 mg of fish oil a day recommended by the doctors. But how much omega-3s are contained in the fish oil is crucial in choosing the supplement and dosage. If capsule of 1000 mg fish oil normally provides approximately 300 mg of omega-3s, and 500 mg of omega-3s is recommended. Thus, two capsules a day is needed in this case.

Even though fish oil supplement is safe for the most people, taking higher than recommended doses can bring adverse effects. Taking high doses possibly prevent blood clotting, thus increase the risk of bleeding. It also might decrease the activity of immune system, so the body may be weak to fight infection. Other side effects are bad breath, heartburn, nausea, intestinal discomfort and nose bleeding. Also, it is very important to keep in mind that people who are allergic to fish or seafood may also be allergic to this supplement, so they should avoid or use it carefully.

Since fish oil help with reducing fat levels in the blood, slowing blood clotting and decreasing blood pressure, it interacts with several drugs and precaution should be applied to those who are taking following drugs; estrogens, such as birth control pills, anticoagulant/antiplatelet drugs, such as warfarin (Coumadin), and antihypertensive drugs, such as losartan (Cozaar) and many others.

I visited Rite Aid and fish oil supplement brands they were carrying were Nature Made Fish Oil, Sundown Natural Fish Oil, Nature’s Bounty Fish Oil, Farmassure Fish Oil, Natrol Omega-3 Fish Oil, and Rite Aid Pharmacy Fish Oil.

These supplements are not FDA approved, because they are not intended for medical use and taken as food as needed.

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http://www.livestrong.com/article/110916-bad-side-effects-omega-supplements/