

# FISH OIL SUPPLEMENTATION



## Omega-3 Fatty Acids

The modern diet contains an excess of pro-inflammatory omega-6 fatty acids and is deficient in anti-inflammatory omega-3 fatty acids, which are prevalent in foods such as wild game, most fish, green leafy vegetables, and certain seeds (flax, chia, and hemp). Fish oil supplements are the richest and purest source of anti-inflammatory omega-3 fatty acids.



**Dosage** - 2-5 capsules per day, which equals 1.2 to 3 grams of EPA/DHA per day.

1 capsule contains 1,200 of fish oil and 360 mg of eicosapentaenoic acid (EPA) and 240 mg of docosahexaenoic acid (DHA).

**Discussion:** EPA & DHA are the omega-3 fatty acids found in fish, wild game, and green vegetables, which are not consumed at adequate levels in the modern diet. Unfortunately, the modern diet also contains large amounts of omega 6 fatty acids found in foods processed with corn, safflower, sunflower, cottonseed, peanut, and soybean oils. This imbalance leads to many inflammation-related health problems including osteoarthritis, osteoporosis, chronic fatigue, cardiovascular disease, diabetes and others. The richest source of EPA and DHA fatty acids is fish oil capsules. Flaxseed oil and other supplement oils have much lower amounts or zero EPA and DHA fatty acids. Multi vitamin-mineral formulas typically do not contain EPA & DHA fatty acids.

**Additional Recommendations** - Clinical Omega-3 capsules are recommended in addition to a quality multivitamin (AVED-Multi), vitamin D3 (Vitamin D formula), and magnesium (Mega Magnesium).

### Side-effects/Contraindications

Some individuals experience minor gastrointestinal distress, such as loose stools.

*Fish oil is not recommended for those on blood thinning medications, such as Coumadin (warfarin), Lovenox, Heparin, and perhaps Plavix. Patients with fish allergies and abnormal blood clotting functions should avoid fish oil supplements.*



Clinical Omega-3  
product number 0129

Concentrated Fish Oil	1200 mg	*
Fatty acid composition:		
EPA (eicosapentaenoic acid)	360 mg	*
DHA (docosahexaenoic acid)	240 mg	*

\* Daily Value not established.



Kids Chewable Omega-3  
product number 0129

Fish Oil (from anchovy, salmon, sardine and/or tuna)	500 mg	**
Fatty acid composition:		
Total omega-3 fatty acids	270 mg	**
EPA (as eicosapentaenoic acid)	50 mg	**
DHA (as docosahexaenoic acid)	200 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Clinical Omega 3 capsules are "concentrated" to contain more omega-3 fatty acids than standard fish oil pills, and are produced and purified by a molecular distillation process. Clinical Omega-3 capsules are screened for pesticides, heavy metals and other impurities according to the standards set forth by the Council for Responsible Nutrition Omega-3 Working Group. Orange oil is added for flavor and digestion, and the final product is stability tested for freshness.

0129-0001-LL

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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