Fish Oil (Omega-3 Fatty Acids)

Regulations:
- The US Pharmacopia (USP) has a program that helps ensure product quality is high.
- Each fish oil supplement is tested and inspected.
- Products approved by the USP receive the mark below.
- Here are some approved fish oil supplements:
  * Berkley & Jensen
  * Equaline
  * Kirkland Signature
  * Nature Made (extra strength)
  * NutriPlus

Benefits:
Fish oil can help lower bad fats in the blood and help to reduce your risk for heart disease.

Dosing:
- EPA/DHA is the heart healthy part of the fish oil.
- Suggested amount: 500 mg DHA/EPA (about 2 servings of fatty fish).
- Suggested amount for someone with heart disease: 1000 mg DHA/EPA.
- Read labels to know how much DHA/EPA is provided.

Lovaza is fish oil that can only be given to you by your provider (formerly Omacor). It has very high amounts of EPA and DHA in each capsule.

Side Effects and Warnings:
- Can increase blood sugar, bleeding risk, and LDL cholesterol, especially with high doses.
- Stomach problems.
- Mild increases in liver function tests and skin rashes which are rare.
- If taken for several months, fish oil can decrease Vitamin E in our bodies, so choose a product that has Vitamin E added.

1-877-GOAL (4625)

inova.org/diabetes