

OMEGA-3 FISH OIL SUPPLEMENTS FOR HIGH BLOOD PRESSURE

In the past 20 years, many Americans have turned to omega-3 fish oil supplements. Dietary fish and fish oil supplements have benefits for healthy people and also those with heart disease.

Omega-3 fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Omega-3 fatty acids are very important in preventing and managing heart disease.

FINDINGS SHOW OMEGA-3 FISH OIL MAY HELP TO:

- >Lower Blood Pressure
- >Reduce Triglycerides
- >Slow the development of plaque in the arteries
- >Reduce The Chance Of Abnormal Heart Rhythm
- >Reduce The Likelihood Of Heart Attack And Stroke
- >Lessen The Chance Of Sudden Cardiac Death In People With Heart Disease

The American Heart Association (AHA) recommends everyone eat fish (particularly fatty fish) at least twice a week. While foods are your best bet for getting omega-3s in your diet, fish oil supplements are also available for those who do not like fish.

HOW MUCH OMEGA-3 FISH OIL IS SAFE?

The AHA says taking up to 3 grams of fish oil supplements daily is considered safe. Don't take more than that unless you discuss it with your doctor first.

ARE THERE SIDE EFFECTS WITH OMEGA-3 FISH OIL?

Side effects from omega-3 fish oil may include:

- >A Fishy Taste In Your Mouth
- >Fishy Breath
- >Stomach Upset
- >Loose Stools
- >Nausea

WARNING: Taking more than 3 grams of fish oil daily may increase the risk of bleeding.

If you want to take higher doses of omega-3 fish oil supplements, talk to your doctor first. Your doctor can guide you in supplementing your diet with omega-3 fish oil. Also, your doctor can monitor all aspects of your health if you take higher doses of fish oil. For people with very high triglyceride levels, prescription fish oil medicines are also available.